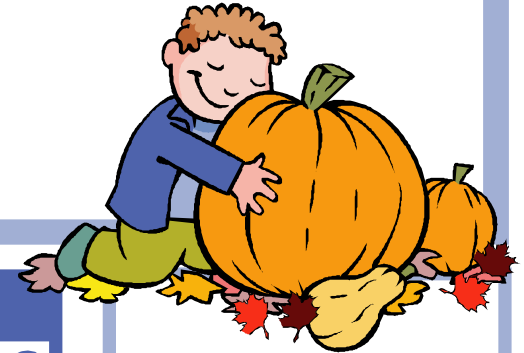


# November 2009

## FCPS Middle School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Sandwich (29g) <b>2</b> Hamburger on Bun (33g) Turkey Pot Pie (26g)/Roll (29g) Seasoned Broccoli (5g) French Fries (21g) Pudding with Topping (15g)	Scrambled Eggs/Toast (14g) <b>3</b> Or Cinnamon Toast (2) (36g) Chick Nuggets (13g) Sally Lunn Bread (28g) Meatball Sub (36g) w/Chips (18g) Scalloped Potatoes (23g) Seasoned Mixed Greens (5g) Carrots/Dip (5g)	Sausage Biscuit (27g) <b>4</b> Wedge Pizza Cheese (22g) Pepperoni (24g) (Pep 48g/ cheese 43g) Turkey Ranch Wrap (34g) Seasoned Corn (19g) Seven Layer Salad (7g) Cobb Salad (30g) (Entrée)	French Toast Sticks (25g) <b>5</b> Hot Dog on Bun (28g) Three Cheese Boat (41g) Baked Beans (18g) Potato Wedges (22g) Veggie Dippers (13g) Bar Cookie (31g)	Breakfast Pizza (23-25g) <b>6</b> Taco Nachos (44g) Fish Sticks (17g) with Jalapeno Corn Muffin (35g) Fiesta Rice (22g) Seasoned Green Beans (3g) Tomato Cucumber Salad (7g)
Pancake on a Stick (23g) <b>9</b> Spaghetti & Meat Sauce (43g) W/Texas Garlic Toast (27g) Toasted Cheese Sandwich (24g) W/ Chic. Noodle Soup (7g) Seasoned Italian Blend Veg (8g) Lettuce Spinach Salad (2g)	Sausage Biscuit (27g) <b>10</b> Crispy Chicken (12g) Roll (29g) Breaded Beef n Bun (52g) Or w/gravy (31g) Roll (29g) Whipped Potatoes (15g) Seasoned Broccoli (5g) Salad Choices	Scram. Eggs & Toast (14g) <b>11</b> or Cinnamon Toast (2) (36g) Crispy Crust Pizza (36g) Turkey & Gravy (6g) WW Roll (29g) Seasoned Green Beans (3g) Crispy Greens Salad (4g) Caesar Salad (27g) (Entrée)	Chicken Biscuit (37g) <b>12</b> Philly Steak Sandwich (36g) Bosco Cheese Sticks (52g) Marinara Sauce (7g) Seasoned Corn (19g) Peas & Carrots (10g) Fruit Crisp (32g)	French Toast Sticks (25g) <b>13</b> Chicken Nuggets (11g) Roll (29g) Ham & Cheese Sub S/W (32g) French Fries (21g) Mixed Vegetables (12g) Salad Choice
Bagel <b>16</b> w/Cream Cheese (54g) PIZZATAS (28g) Chili (34g) w/Cinn Bread (33g) Baked Potato (42g) Seasoned Vegetable Choice Veggie Dippers (13g)	Breakfast Pizza (21g) <b>17</b> Chicken Patty on Bun (30g) Baked Ziti (41g) w/ Parmesan Breadstick (6g) French Fries (21g) Seasoned Peas (15g) Broccoli Salad (33g)	Waffle Sticks (28g) <b>18</b> School Pizza (31 – 35g) Turkey & Cheese Sub (32g) with Chips (18g) Seasoned Corn (19g) Tomato Cucumber Salad (7g) Tuna Salad Plate (41g) (Entrée)	Breakfast Sandwich (33g) <b>19</b> Turkey/Dressing/Gravy (19g) Sliced Glazed Ham (7g) Whipped Potatoes (15g) Sweet Potatoes (32g) Seasoned Green Beans (3g) Crnby Sc (13g)/Roll (29g) Choice of Desserts	Pancake on a Stick (23g) <b>20</b> Seafood Basket with Hushpuppies (36g) Br. Pork Chop on Bun (49g) Macaroni & Cheese (25g) Vegetable Blend (3g) Crispy Coleslaw (16g)
Pancake Sandwich (29g) <b>23</b> Hamburger on Bun (33g) Turkey Pot Pie (26g)/Roll (29g) Seasoned Broccoli (5g) French Fries (21g) Pudding with Topping (15g)	Scram. Eggs/ Toast (14g) <b>24</b> or Cinnamon Toast (2) (36g) Chick Nuggets (13g) Sally Lunn Bread (28g) Meatball Sub (36g) w/Chips (18g) Scalloped Potatoes (23g) Seasoned Mixed Greens (5g) Carrots/Dip (5g)		Happy	Thanksgiving
Pancake on a Stick (23g) <b>30</b> Spaghetti & Meat Sauce (43g) W/ Texas Garlic Toast (27g) Toasted Cheese Sandwich (24g) Choice of Soup/Tomato (19g) Chicken (7g) Seasoned Italian Blend Veg (8g) Lettuce Spinach Salad (2g)	For easy online payment visit: <a href="http://www.mealpayplus.com">www.mealpayplus.com</a> or call 1-866-568-0646.		Offered Daily at Breakfast: Fruit or Juice Variety of Low Fat Milk Cereal & Toast Yogurt & Graham Cracker	Offered Daily at Lunch: Variety of Fresh & Chilled Fruit Variety of Low Fat Milk Yogurt & Graham Cracker PBJ Uncrustable (unless a peanut free school) Tossed Salad

### News

**Yams are often confused with sweet potatoes, but in fact they are different vegetables. Yams are similar in size and shape to sweet potatoes but contain more natural sugar so they are often sweeter and aren't as rich in vitamins A & C. They aren't as widely grown in the US but can be found in most Latin-American grocery stores.**



(g) = grams of carbohydrates