



FCPS High School Menus 2009-2010

Dates Menu will be served

8/12-8/14	10/19-10/23
8/24-8/28	11/2-11/6
9/7-9/11	11/16-11/20
9/21-9/25	11/30-12/4
10/5-10/9	12/14-12/18

Carbohydrate grams (g) listed on 3rd page

P. 1

Assorted cold Sandwiches available daily

Offered Daily at Breakfast

Cereal and Toast

Fruit or Juice and a variety of low fat milk

Day	Mama's Kitchen	International	Grill	Grill
M O N D A Y	Chicken Biscuit (37g) Chicken Nuggets School Choice French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad	Pizza Fiesta Mac & Beef w/R French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad	Corndog Chicken Patty Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad	Corndog Chicken Patty Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad
T U E S D A Y	French Toast Sticks (42g) Hot & Spicy Chicken Sandwich School Choice Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad	Pizza Lasagna w/Garlic Toast Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad	Hot Dog/Coney Dog Chicken Patty Hamb./Cheeseburger Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad	Hot Dog/Coney Dog Chicken Patty Hamb./Cheeseburger Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad
W E D N E S D A Y	Breakfast Pizza (21g) Chicken Strips BBQ Pork on Bun French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad	Pizzas Chic & Cheese Quesadillas French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad	Toasted Cheese S/W Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad	Toasted Cheese S/W Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad
T H U R S D A Y	Pancake on a Stick (24g) Pizza Chicken Casserole Of Choice Seasoned Corn Vegetable Choice Salad Choices Fruit Choices Caesar Salad	Pizza Seasoned Corn Vegetable Choice Salad Choices Fruit Choices Caesar Salad	Pizza Chicken Patty S/W Hamb./Cheeseburger Seasoned Corn Vegetable Choice Salad Choices Fruit Choices Caesar Salad	Pizza Chicken Patty S/W Hamb./Cheeseburger Seasoned Corn Vegetable Choice Salad Choices Fruit Choices Caesar Salad
F R I D A Y	Sausage & Biscuit (27g) Taco Nachos Fish Sandwich French Fries Vegetable Choice Salad Choice Fruit Choices Cobb Salad	Pizza Taco Nachos French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad	Taco Nachos Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad	Taco Nachos Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad



FCPS High School Menus 2009-2010

Dates Menus will be served

8/17-8/21	10/26-10-30
8/31-9/4	11/9-11/13
9/14-9/18	11/23-11/27
9/28-10/2	12/7-12-11
10/12-10/16	

Carbohydrates (g) listed on 3rd page

P.2

Assorted cold Sandwiches available daily

Offered Daily at Breakfast

Cereal and Toast

Fruit or Juice and a variety of low fat milk

Day	Mama's Kitchen	International	Grill	Grill
M O N D A Y	Chicken Biscuit (37g) Popcorn Chic/Roll School Choice French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad	Pizza Cheese Sticks with Marinara Sauce French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad	Flatbread Sandwich Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad	Flatbread Sandwich Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Chef Salad
T U E S D A Y	French Toast Sticks (42g) Oven Fried Chicken School Choice Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad	Pizza Baked Spaghetti with Garlic Toast Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad	Hot Dog/Coney Dog Chicken Patty S/W Hamb./Cheeseburger Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad	Hot Dog/Coney Dog Chicken Patty S/W Hamb./Cheeseburger Potato Choice*** Vegetable Choice Salad Choices Fruit Choices Chef Salad
W E D N E S D A Y	Breakfast Pizza (21g) Tacos or Taco Salad BBQ Rib on Bun French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad	Pizza Tacos or Taco Salad French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad	Toasted Cheese S/W Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad	Toasted Cheese S/W Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Oriental Salad
T H U R S D A Y	Pancake on a Stick (24g) Pizza Chicken Casserole Seasoned Corn Vegetable Choice Salad Choices Fruit Choices Caesar Salad	Pizza Egg Rolls/Fried Rice Seasoned Corn Vegetable Choice Salad Choices Fruit Choices Caesar Salad	Pizza Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Caesar Salad	Pizza Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Caesar Salad
F R I D A Y	Sausage Biscuit (27g) Seafood Basket Taco Nachos French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad	Pizza Taco Nachos French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad	Taco Nachos Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad	Taco Nachos Chicken Patty S/W Hamb./Cheeseburger French Fries Vegetable Choice Salad Choices Fruit Choices Cobb Salad

Entrees:

BBQ Pork on Bun (56g)
 BBQ Pork Rib on Bun (42g)
 Breaded Beef on Bun (52g)
 Cheeseburger (34g)
 Cheese Sticks w/marinara (33g)
 Chicken Divan (7g)
 Chicken Noodle Casserole (21g)
 Chicken Nuggets (13g)
 Chicken Patty Sandwich (44g)
 Chicken, Popcorn (16g)
 Chicken Pot Pie (23g)
 Chicken Sandwich, Hot & Spicy (36g)
 Chicken Strips (10g)
 Chicken Tetrazzini (13g)
 Coney Dog (37g)
 Corndog (33g)
 Country Fried St. (24)
 Egg Rolls (25g)
 Fiesta Mac & Beef (32g)
 Fish Sandwich (49g)
 Hamburger (33g)
 Hot Dog (28g)
 Lasagna (24g)
 Pizza, school ind. round (35g)
 Pizza, commercial (23g)
 Pork Pattie on bun (49g)
 Quesadillas (36g)
 Seafood Basket (41g)
 Spaghetti, Baked (14g)
 Tacos (31g)
 Taco Nachos (42g)
 Taco Salad (43g)
 Toasted Cheese s/w (34g)

Entrée Salads:

(Includes 8 crackers)
 Chef w/ham & cheese (25g)
 Chef w/tuna & cheese (30g)
 Chef w/ turkey & cheese (27 g)
 Caesar Salad (23g)
 Cobb Salad (30g)
 Oriental Salad (31g)
 Ranch Dressing (2g per fl. oz =2T)

Fruits: ½ cup servings

Apple (15g)
 Applesauce (15g)
 Banana (13g)
 Grapes (15g)
 Orange (15g)
 Peaches (15g)
 Pears (15g)
 Pineapple (15g)
 Strawberries (15g)

Breads:

Biscuit (27g)
 Breadstick (28g)
 Cinnamon Bread (33g)
 Crackers (8 ea)
 Garlic Toast (22g)
 Muffin (18g)
 Roll (30g)
 Sally Lunn Bread (28 g)

Side Dishes:

Macaroni & Cheese (26g)
 Fried Rice (44g)
 Spanish Rice (25g)

Vegetables: P. 3

Broccoli (5g)
 Cauliflower (3g)
 California Blend (3g)
 Corn (17g)
 Green Beans (3g)
 Italian Blend (8g)
 Mixed Vegetables (12g)
 Peas (10g)
 Peas & Carrots (11g)
 Potatoes, Baked (43g)
 Potatoes, FF (17g)
 Potatoes, Mashed (15g)
 Potatoes, Scalloped (48g)

Side Salads: 1/2c svq

Coleslaw (7g)
 Marinated Veg. (4g)
 Pasta Salad (26j)
 Potato Salad (17g)
 Seven-Layer (7g)
 Tossed Salad (2g)

Special Meal Items

Chicken, Crispy (12g)
 Cranberry Sauce (13g)
 Dressing Bread 4.5oz. (17g)
 Dressing Cornbread 4oz (23g)
 Ham (1g)
 Harvest Cake (36g)
 Pumpkin Pie 1/16 pie (19g)
 Cookie, Ch. Chip (14g)
 Cookie, Sugar (16g)
 Pudding (19g)