

2011-2012

FCPS Middle School Menus

♥Available Daily at Lunch: 1% & skim white milk, skim flavored milk, tossed salad; 2 fresh & 2 canned or frozen fruits. Daily entrée options include yogurt w/graham crackers and Peanut Butter Uncrustable** (unless peanut limited school)

♥Available Daily at Breakfast: Cereal & Toast, 1% & skim milk, 100% juice
 (g) = grams of carbohydrates; (V) = Vegetarian; (P) = may contain pork
 UG = ultra (whole) grain; WW = whole wheat; WG = whole grain
 *See Cafeteria Manager for carbohydrate count.

Colors correspond with Calendar*

Breakfast menu in **Bold**

Menus are subject to change without notice.

♥ See above		Week 1		
♥ See Above		Week 2		
♥ See Above		Week 3		
♥ See Above		Week 4		
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