

FCPS High School Menus 2011-2012

Offered Daily at Breakfast: Cereal & Toast; Low-fat & Skim Milk 100% Juice Breakfast Menu in Bold				Offered Daily at Lunch: Low-fat & Skim Milk, 100% juice, 2 fresh and 2 canned fruits, variety of side salads, variety of cold sandwiches, variety of a la carte items meeting KY Regs.			
	Mama's Kitchen	International	Grill		Mama's Kitchen	International	Grill
M O N D A Y	Chicken Biscuit Or Pancake Sandwich Chicken Nuggets(13g) /WWRoll (29g) School Choice Chef Salad (entrée) French Fries (21g) Hot Vegetable Choice	Fiesta Mac & Beef (22g) Or Lasagna (21g) WW Roll (29g) Pizza (32-36g) Chef Salad (entrée) French Fries (21g) Hot Vegetable Choice	W G Corndog (29g) Chick Pattie/UG Bun (44g) Hamburger (33g) Cheeseburger Chef Salad (entrée) French Fries (21g) Hot Vegetable Choice	M O N D A Y	Chicken Biscuit Or W G Mini Cinnis Popcorn Chicken WWRoll (29g) School Choice Chef Salad (Entrée) French Fries (21g) Hot Vegetable Choice	Asian Beef & Broccoli /Rice (60g) WWRoll (29g) Pizza (32-36g) Chef Salad (Entrée) French Fries (21g) Hot Vegetable Choice	Philly Steak s/w (36g) Chick Pattie/UG Bun (44g) Hamburger (33g) Cheeseburger Chef Salad (Entrée) French Fries (21g) Hot Vegetable Choice
T U E S	French Toast Sticks Or Breakfast Burritos Hot & Spicy Chicken s/w (43g) School Choice Chef Salad (entrée) Potato Choice Hot Vegetable Choice	Oriental Chicken/Rice/ WWRoll Pizza (32-36g) Chef Salad (entrée) Oriental Blend Veggies.(4g) Potato Choice Hot Vegetable Choice	Sub Sandwich w/Sun Chips Chicken Pattie/UG Bun Hamburger (33g) Cheeseburger Chef Salad (entrée) Potato Choice Hot Vegetable Choice	T U E S	French Toast Sticks Or Breakfast Burritos Crispy Chicken (12g)/WWRoll School Choice Chef Salad (Entrée) Potato Choice Hot Vegetable Choice Salad & Fruit Choices	Baked Spaghetti (23g) Or Baked Ziti (41g) Garlic Toast (22g) Chef Salad (Entrée) Potato Choice Hot Vegetable Choice Salad & Fruit Choices	Hot Dog or Coney Dog Chick Pattie/UG Bun (44g) Hamburger (33g) Cheeseburger Chef Salad (Entrée) Potato Choice Hot Vegetable Choice
W E D	Breakfast Pizza Or W G Mini Pancakes Chicken Strips/WWRoll BBQ Pork on Bun (56g) Oriental Salad (entrée) French Fries (21g) Hot Vegetable Choice	Chicken & Cheese Quesadilla Pizza (32-36g) Oriental Salad (entrée) French Fries (21g) Hot Vegetable Choice	Chicken Ranch Wrap Chicken Pattie/UG Bun Hamburger (33g) Cheeseburger Oriental Salad (entrée) French Fries (21g) Hot Vegetable Choice	W E D	Breakfast Pizza Or W G Mini Pancakes Tacos or Taco Salad BBQ Rib on Bun Oriental Salad (Entrée) French Fries (21g) Hot Vegetable Choice	Burrito w/toppings Pizza (32-36g) Oriental Salad (Entrée) French Fries (21g) Hot Vegetable Choice Salad & Fruit Choices	BBQ Pork Sandwich Chick Pattie/UG Bun (44g) Hamburger (33g) Cheeseburger Oriental Salad (Entrée) French Fries (21g) Hot Vegetable Choice
T H U R S	Pancake on a Stick Or WG Apple Frudel Pizza - Commercial Chick Casserole/WWRoll (29g) Caesar Salad (entrée) Seasoned Corn (19g) Hot Vegetable Choice	Teriyaki Chicken/Rice WWRoll (29g) Pizza - Commercial Caesar Salad (entrée) Seasoned Corn (19g) Hot Vegetable Choice	Pizza - Commercial Chicken Pattie/UG Bun Hamburger (33g) Cheeseburger Caesar Salad (entrée) Seasoned Corn (19g) Hot Vegetable Choice	T H U R S	Pancake on a Stick Or WG Apple Frudel Pizza - Commercial Chick Casserole/ WWRoll (29g) Caesar Salad (Entrée) Seasoned Corn (19g) Hot Vegetable Choice	Oriental Chicken/Rice WWRoll (29g) Pizza - Commercial Caesar Salad (Entrée) Seasoned Corn (19g) Hot Vegetable Choice	Pizza - Commercial Chick Pattie/UG Bun (44g) Hamburger Cheeseburger Caesar Salad (Entrée) Seasoned Corn (19g) Hot Vegetable Choice
F R I	Sausage Biscuit or Yogurt & Muffin or (2) Muffins Taco Nachos (40g) Fish Sandwich (49g) Cobb Salad (Entrée) French Fries (21g) Hot Vegetable Choice	Taco Nachos (40g) Pizza (32-36g) Cobb Salad (Entrée) French Fries (21g) Hot Vegetable Choice Salad & Fruit Choices	Taco Nachos (40g) Fish Sandwich Chicken Pattie/UG Bun Hamburger (33g) Cheeseburger Cobb Salad (Entrée) French Fries (21g) Hot Vegetable Choice	F R I	Sausage Biscuit or Yogurt & Muffin or 2 Muffins Seafood Basket /Fish s/w (49g) Taco Nachos (40g) Cobb Salad (Entrée) French Fries (21g) Hot Vegetable Choice	Taco Nachos (40g) Pizza (32-36g) Cobb Salad (Entrée) French Fries (21g) Hot Vegetable Choice Salad & Fruit Choices	Taco Nachos (40g) Chick Pattie/UG Bun (44g) Hamburger (33g) Cheeseburger Cobb Salad (Entrée) French Fries (21g) Hot Vegetable Choice

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