

FCHS 2019-2020 LUNCH MENU
MENU SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Choose One Entrée: KY PROUD Chicken Burgoo Pork Carnita Uncrustable P B & J</p> <p>Hot Off the Grill Alpha Pepperoni Pizza Hot Ham & Cheese Croissant Tator Tots</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Taco Black Beans Mexican Corn Rice Tortilla Wrap or Cornbread Cucumbers w/ Ranch Dipping Cup Frozen Fruit Cup, Grape Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Build Your Own Burger Bar KY PROUD HAMBURGER Turkey Bacon/Cheese Bistro Protein Box Uncrustable P B & J</p> <p>Hot Off the Grill Bosco Sticks w/Marinara Cup Whole Grain Chips</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Curly Fries Baked Beans Crunchy Carrots w/Ranch Lettuce, Tomato, Pickle Slices Peaches, Apple Slices Very Berry Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Chicken Tenders w/WG Roll Uncrustable P B & J Hummus Box</p> <p>Hot Off the Grill Chicken Wrap Tator Tots Big Daddy's Cheese Pizza</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Green Beans Mashed Potatoes w/White Gravy Mandarin Orange Cup, Applesauce, Grape Juice Frozen Yogurt w/meal</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Pulled Pork Sandwich Ham & Cheese Croissant Bag Uncrustable P B & J</p> <p>Hot Off the Grill Pulled Pork Sandwich Cavendish Fries Personal Pan Pizza</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Cavendish Fries Coleslaw Pepper Medley w/ Ranch Pears, Cherry Side Kicks Fruit Punch Cups</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: "Dill"icious Chicken Sandwich Spicy Chicken Sandwich Ham & Cheese Croissant Bag Uncrustable P B & J</p> <p>Hot Off the Grill "Dill"icious Chicken Sandwich Seasoned Crinkle Fries Cheesy Bread w/Marinara KY PROUD Broccoli Cheese Soup</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Deluxe Sandwich Trimmings Baby Bakers Broccoli & Cheese Casserole Grapes, Bananas Fruit Punch Juice</p> <p>Healthy Milk Choices</p>
WEEK 2	<p>Choose One Entrée: Retro Pepperoni or Cheese Pizza Hot Dog w/Chili Sauce Ham & Cheese Croissant Bag Uncrustable P B & J</p> <p>Hot Off the Grill Personal Pan Pizza Hot Dog Seasoned Wedge Fries</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Salad Shaker w/dressing Sweet Kernel Corn Fresh Grapes, Peaches, Fresh Apple Fruit Punch Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Oven Fried Chicken w/WG Hawaiian Roll Bistro Protein Box Uncrustable P B & J</p> <p>Hot Off the Grill Calzone w/ Marinara Cup Big Daddy's Pepperoni Pizza WG Chips</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Mashed Potatoes w/Gravy Garden Peas Crunchy Carrots w/Ranch Apple Slices Very Berry Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Penne Pasta Bar w/Garlic Bread Stick Uncrustable P B & J Hummus Box</p> <p>Hot Off the Grill Chicken Wrap Tater Tots Big Daddy's Cheese Pizza</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Salad Shaker w/dressing Roasted Zucchini & Squash Fresh Strawberries w/chocolate fluff Frozen Fruit Cup, Grape Juice Super Bakery Cupcake w/meal</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Toasted Turkey/Ham Club on French Bread Bistro Protein Box Uncrustable P B & J</p> <p>Hot Off the Grill Toasted Turkey & Cheese on Sub Bun Cavendish Fries Big Daddy's Pepperoni Pizza</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Lettuce/tomatoes/cucumbers/ Banana Peppers/Bell Peppers WG Dorito Chips Pasta Salad Corn on Cob w/ Promise Cup Pears, Apple Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Popcorn Chicken w/Roll Asian Popcorn Chicken w/Roll (Orange Mandarin & General Tso) Ham & Cheese Croissant Bag Uncrustable P B & J</p> <p>Hot Off the Grill Cheesy breadsticks w/Marinara KY PROUD Broccoli Cheese Soup</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Stir Fry Veggies Stir Fry Rice Vegetable Egg Roll Spinach & Mandarin Orange Salad Crunchy Carrots w/ Ranch Pineapple, Fresh Apple, Fruit Punch Juice Healthy Milk Choices</p>
WEEK 3	<p>Choose One Entrée: Roasted Chicken w/WG Roll Ham & Cheese Croissant Bag Uncrustable P B & J</p> <p>Hot Off the Grill Spicy Chicken Sandwich Waffle Fries Mozzarella Sticks w/Marinara Cup</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Macaroni & Cheese Green Beans Fresh Broccoli Dippers w/Ranch Fresh Grapes, Apple, Fruit Punch Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: "Taco Tuesday" Fiesta Bowl or Taco w/ Tostitos (Taco Filling or Chicken Fajita) Chicken Cheese Quesadilla Bistro Protein Box Uncrustable P B & J</p> <p>Hot Off the Grill Mexican Pizza Chicken Cheese Quesadilla w/ Salsa Cup WG Tostitos Chips</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Refried Bean Melt Ole Toppings (Lettuce, Cheese/Salsa, sour cream) Grape Tomatoes w/Ranch Apple Slices, Peaches, Very Berry Juice Lemonade Sugar Cookie w/meal Healthy Milk Choices</p>	<p>Choose One Entrée: Retro Peppered Popcorn Chicken w/ WG Hawaiian Roll Hummus Box Uncrustable P B & J</p> <p>Hot Off the Grill Bosco Sticks w/Marinara Cup Big Daddy's Cheese Pizza</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Cheesy Scalloped Potatoes Glazed Carrots Cool Cucumbers w/Ranch Frozen Fruit Cup, Apple Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Turkey Hot Shot Hot Beef Manhattan Bistro Box Uncrustable P B & J</p> <p>Hot Off the Grill Big Daddy's Pepperoni Pizza Philly Steak Sub Sandwich Curly Fries</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Mashed Potatoes Gravy Green Beans Fresh Strawberries w/chocolate fluff Apple Juice</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Boneless Wings (Mild & Spicy) Chicken Rings Both w/Roll Ham & Cheese Croissant Bag Uncrustable P B & J</p> <p>Hot Off the Grill Wild Mike Cheese Bites w/Marinara WG Chips Corndog Seasoned Wedge Fries</p> <p>SALAD BAR</p> <p>Fruit/Vegetables/Sides: Baked Potato/Sweet Potato Steamed Broccoli w/ Cheese Sauce Sour cream, promise cups, cinnamon butter cups Apple, Pineapple, Fruit Punch Juice</p> <p>Healthy Milk Choices</p>

FCHS 2019-2020 LUNCH MENU
MENU SUBJECT TO CHANGE

AUGUST 2019					SEPTEMBER 2019					OCTOBER 2019					NOVEMBER 2019					DECEMBER 2019				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
			1	2	2	3	4	5	6	1	2	3	4					1	2	3	4	5	6	
5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13
12	13	14	15	16	16	17	18	19	20	FALL BREAK					11	12	13	14	15	16	17	18	19	20
19	20	21	22	23	23	24	25	26	27	21	22	23	24	25	18	19	20	21	22	CHRISTMAS BREAK				
26	27	28	29	30	30	28	29	30	31	25	26	27	28	29										

JANUARY 2020					FEBRUARY 2020					MARCH 2020					APRIL 2020					MAY 2020				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
CHRISTMAS BREAK					3	4	5	6	7	2	3	4	5	6	SPRING BREAK									1
6	7	8	9	10	10	11	12	13	14	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
13	14	15	16	17	17	18	19	20	21	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
20	21	22	23	24	24	25	26	27	28	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
27	28	29	30	31						SPRING BREAK					27	28	29	30	25	26	27	28	29	

JUNE 2020				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer.