

Breakfast - \$1.60  
 Reduced Breakfast - \$0.30  
 Adult Breakfast -- \$3.50

**FORT CHERRY JR/SR HIGH SCHOOL**  
**September 16-20, 2019**

Lunch - \$2.75  
 Reduced Lunch - \$.40  
 Adult Lunch - \$4.00

BREAKFAST		LINE 1	LINE 2	LINE 3	
Extra Milk \$.75		<b>Visit our New A La Carte Line Located in the Back of the Cafeteria No Charging in this Line</b>			Tea \$.75 Water 8 oz. \$.50
	<b>CEREAL &amp; POP TART</b> will be available every day				<b>FRUIT CALORIES</b> 1/2 CUP SERVING
<b>MONDAY</b>	<b>EGG &amp; CHEESE MUFFIN</b> Apple, Craisins/Raisins, Fruit Cocktail, Juice, Milk	<b>HOT DOG</b> French Fries, Baked Beans Apple, Craisins/Raisins, Fruit Cocktail, Juice, Milk	<b>NACHO GRANDE</b> French Fries, Baked Beans Apple, Craisins/Raisins, Fruit Cocktail, Juice, Milk	<b>CHEESEBURGER</b> French Fries, Baked Beans Apple, Craisins/Raisins, Fruit Cocktail, Juice, Milk	Apple, 1 med 52 Applesauce 51 Banana 89 Blueberries 40 Cantaloupe 26 Craisins 1.16 oz 130 Fruit Cocktail 60 Grapes 55 Juice 60 Mandarin Oranges 52 Orange 40 Peaches 60 Pears 60 Pineapple 37 Raisins 1.5 oz 125 Strawberries 25 Watermelon 23
<b>TUESDAY</b>	<b>CHOCOLATE OR BANANA BREAD</b> Banana, Craisins/Raisins, Peaches, Pineapples Milk	<b>MEXICAN PIZZA</b> Coleslaw, Broccoli Banana, Craisins/Raisins, Peaches, Pineapples Milk	<b>GENERAL TSO CHICKEN with Rice</b> Coleslaw, Broccoli Banana, Craisins/Raisins, Peaches, Pineapples Milk	<b>GENERAL TSO CHICKEN with Rice</b> Coleslaw, Broccoli Banana, Craisins/Raisins, Peaches, Pineapples Milk	
<b>WEDNESDAY</b>	<b>"The Original" CINNAMON ROLL</b> Applesauce, Craisins/Raisins, Pears, Watermelon Milk	<b>PIEROGIES</b> Green Beans, Cucumbers with Hummus Applesauce, Craisins/Raisins, Pears, Watermelon Milk	<b>DELI WAY</b> Green Beans, Cucumbers with Hummus Applesauce, Craisins/Raisins, Pears, Watermelon Milk	<b>DELI-WAY</b> Green Beans, Cucumbers with Hummus Applesauce, Craisins/Raisins, Pears, Watermelon Milk	<b>VEG CALORIES</b> 1/2 CUP SERVING
<b>THURSDAY</b>	<b>BREAKFAST PIZZA</b> Apple Slices, Craisins/Raisins, Juice, Melon, Milk	<b>CHICKEN ALFREDO w/Broccoli</b> Spinach Salad, Roll & Butter Apple Slices, Craisins/Raisins, Juice, Melon, Milk	<b>DELI WAY</b> French Fries, Spinach Salad Apple Slices, Craisins/Raisins, Juice, Melon, Milk	<b>DELI WAY</b> French Fries, Spinach Salad Apple Slices, Craisins/Raisins, Juice, Melon, Milk	Baked Beans 110 Broccoli 26 Carrots 27 Celery 7 Corn 67 Cucumber 8 French Fries 90 Green Beans 19 Onion rings 200 Peas 62 Potatoes, mashed 91 Romaine 1 cup 8 Tator Tots 90 Tomatoes 16
<b>GAME DAY MEALS FRIDAY</b>	<b>EGG &amp; BACON CROISSANT</b> Fruit Variety, Milk	<b>BBQ RIB SANDWICH</b> Couscous, Salad Fruit Variety, Milk	<b>SLOPPY JOE SANDWICH</b> Couscous, Salad Fruit Variety, Milk	<b>GRILLED CHICKEN SANDWICH</b> Couscous, Salad Fruit Variety, Milk	

To Apply for Free/Reduced Meals --- [www.schoolcafe.com](http://www.schoolcafe.com)

This institution is an equal opportunity provider and employer.