



Lunch \$2.85
 Premium Lunch \$3.25
 Reduced \$.40
 Adult \$3.95
 Milk \$.50

AUGUST and SEPTEMBER 2017 DMS and Fox Chapel Area High School

LUNCH MENU

Please make checks payable to: FCASD Cafeteria Fund. Money may also be deposited into your child's account at www.schoolcafe.com

USDA is an equal opportunity provider and employer

Monday

What is a lunch?
 Students may choose at least 3 of the 5 components and one must be a fruit/juice or vegetable.
 1) Meat/Meat Alternate 2) Grain/Bread 3) Fruit/Juice 4) Vegetable 5) Milk

Tuesday

Chix Sticks with Rolls **AUG 29**
 Ham BBQ on a Bun
Featured Veggies:
 Mashed Potatoes & Gravy
 Green Pepper Strips
 Choice of Fruit
 Choice of Milk

Wednesday

Pizza Bagels **AUG 30**
 Chicken & Cheese Quesadilla
Featured Veggies:
 Steamed Corn
 Broccoli Florets
 Choice of Fruit
 Choice of Milk

Thursday

Cheese Lasagna with **AUG 31**
 a Garlic Breadstick
 Chicken & Cheese Hoagie
Featured Veggies:
 Steamed Broccoli & Baked Beans
Treat: Chocolate or Vanilla Pudding
 Choice of Fruit and Milk

Friday

Mini Corn Dogs **1**
 Beef Soft Taco
Featured Veggies:
 French Fries
 Romaine Salad
 Choice of Fruit
 Choice of Milk

NO SCHOOL **4**



Plain or Buffalo Popcorn **5**
 Chicken with Soft Pretzel Rods
 Meatball Hoagie
Featured Veggies:
 Mashed Potatoes & Gravy
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

French Toast Sticks with Sausage or Yogurt Pepperoni & Cheese Hoagie **6**
Featured Veggies:
 Hash Brown Triangles
 Cauliflower Florets
 Choice of Fruit
 Choice of Milk

Pasta with Meat or Marinara Sauce and a Garlic Breadstick Turkey, Ham, and Cheese Croissant **7**
Featured Veggies:
 Green Beans
 Baked Beans
 Choice of Fruit
 Choice of Milk

General Tso's Chicken with Fried Rice or Brown Rice Bacon Cheeseburger **8**
Featured Veggies:
 Steamed Broccoli
 Tater Tots
 Choice of Fruit
 Choice of Milk

Walking Taco **11**
 (Chips, Meat, Chs, & assorted toppings)
 Popcorn Shrimp with Soft Pretzel Rods
Featured Veggies:
 Steamed Corn
 Celery Sticks
 Choice of Fruit
 Choice of Milk

Mashed Potato Bowl with a Roll **12**
 Turkey, Bacon & Cheese Bagel Sandwich
Featured Veggies:
 Mashed Potatoes & Gravy
 Green Pepper Strips
 Choice of Fruit
 Choice of Milk

Toasted Cheese Sandwich **13**
 Steak & Cheese Flatbread
Featured Veggies:
 Tomato Soup
 Broccoli Florets
 Choice of Fruit
 Choice of Milk

Cheese Ravioli with a Garlic Breadstick BBQ Rib on a Bun **14**
Featured Veggies:
 Steamed Broccoli
 Baked Beans
 Choice of Fruit
 Choice of Milk

Calzone with Sauce **15**
 Buffalo Chicken Hoagie
Featured Veggies:
 Steamed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

Mini Cheese Pierogies with or without Onions **18**
 Hot Dog with or without Cheese
Featured Veggies:
 Brussel Sprouts
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

Chicken Tenders with Soft Pretzel Rods **19**
 Hard Shell Tacos with Rice
Featured Veggies:
 Mashed Potatoes & Gravy
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

Build a Burger Bar **20**
 Corn Dog on a Stick
Featured Veggies:
 French Fries
 Cauliflower Florets
 Choice of Fruit
 Choice of Milk

NO SCHOOL FALL BREAK **21**

Cheese Pizza Sticks with Sauce **22**
 Ham & Cheese on a Pretzel Bun
Featured Veggies:
 Steamed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

Nacho Bar **25**
 Steak & Cheese Hoagie
Featured Veggies:
 Steamed Corn
 Celery Sticks
 Choice of Fruit
 Choice of Milk

GO FOXES! **26**
 Football Shaped Chicken Nuggets with a **Treat: Football Cookie**
 Turkey and Cheese Hoagie
 Smiley Fries & Red Pepper Strips
 Sports Juice Cup
 Choice of Milk

Macaroni & Cheese **27**
 Buffalo Chicken Flatbread
Featured Veggies:
 Steamed Peas
 Broccoli Florets
 Choice of Fruit
 Choice of Milk

Baked Ziti with a Garlic Breadstick Hot Italian Hoagie **28**
Featured Veggies:
 Steamed Broccoli
 Baked Beans
 Choice of Fruit
 Choice of Milk

Buffalo Chicken Roll **29**
 BBQ Pulled Pork on a Pretzel Bun
Featured Veggies:
 Steamed Carrots
 Romaine Salad
 Choice of Fruit
 Choice of Milk

Pizza Station:
 Cheese & Pepperoni Pizza, Square Pizza
 Monday: Buffalo Chicken
 Tuesday & Thursday: Assorted Flatbread Pizza
 Wednesday: Meat Lover's Friday: White Pizza

Daily Options:
 PB & Jelly, Assorted Sandwiches, Wraps and Hoagies
 HS Only: Salad Bar and MTO Deli Bar

Daily Sandwiches:
 Chicken Patty
 Spicy Chicken Patty
 Cheeseburger/Hamburger
 Grilled Chicken Sandwich

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