



Fort Ann Central School 9-12 Lunch

October 2018

National School Lunch Week
October 15-19, 2018



Meal Prices
Student Reduced Price for Breakfast
& Lunch \$.25

Breakfast: Reg \$1.25
Lunch: Reg \$2.60

Adult Breakfast \$2.25
Adult Lunch \$3.75
Milk \$.60

Please Click Links Below for Nutrition Information
on Daily Options

Daily Lunch Options:

Pizza: Cheese Plus 1 Additional Variety **Express:**
Chicken Patty on WG Bun; Chicken Nuggets w/WG

Dinner Roll **Grab & Go Deli Sandwiches:** Choice of
Oven Roasted Turkey, Deli Ham (Both w/without

Two Grab-And-Go Entree Salads: (Served w/WG
Rolls) Chicken Caesar Salad; Chef Salad with Turkey
and/or Ham and Cheese; Yogurt Parfait w/Fruit and
Granola or Daily Side Salad as an additional vegetable
consisting of: 1 Cup Romaine Lettuce, Spinach or
Spring Mix with Carrots or other Seasonal Vegetables

*Students may take two fruit servings with each
meal. They must take at least one to qualify for the
meal prices listed.*

Daily Deli Options Grades 9-12

Express Options

Daily Pizza Options

Yogurt Parfait Meal

Grab & Go Items

Fresh Fruit & Juice

Milk

Condiments

Harvest of the Month:

Kale



Monday	Tuesday	Wednesday	Thursday	Friday
1 Entrees Cheesy Breadsticks Sides Dinner Roll Vegetable Daily Soup Fresh Fruit & Veggie Bar Marinara Dipping Sauce Roasted Sweet Potato Wedges World Vegetarian Day	2 Entrees Oven Baked BBQ Chicken Sides Dinner Roll Kale Pesto Pasta Vegetable Daily Soup Fresh Fruit & Veggie Bar	3 Entrees Chicken & Cheese Quesadilla Sides Rice Pilaf Condiment Salsa Vegetable Daily Soup Fresh Fruit & Veggie Bar	4 Entrees Beef Nachos Supreme Sides Rice Pilaf Condiment Salsa Vegetable Daily Soup Fresh Fruit & Veggie Bar Steamed Corn National Taco Day	5 Entrees  Coconut Crusted Redfish Sides Dinner Roll Vegetable Crinkle Cut French Fries Daily Soup Fresh Fruit & Veggie Bar
8 	9 Entrees Taco Bar w/The Works Sides Rice Pilaf Condiment Salsa Vegetable Daily Soup Fresh Fruit & Veggie Bar	10 Entrees Grilled Cheese Sandwich Grilled Ham & Cheese Sandwich Vegetable Creamy Tomato Soup Daily Soup Fresh Fruit & Veggie Bar Kale Chips	11 Entrees Vegetable Daily Soup Fresh Fruit & Veggie Bar Chef's Choice Pizza (Click link to right for nutrition info) National Sausage Pizza Day	12 Entrees Pancakes Sides Sausage Links Condiment Real Maple Syrup Vegetable Daily Soup Fresh Fruit & Veggie Bar Sweet & White Homefries
15 Entrees Dress Your Own Burger Vegetable Daily Soup Fresh Fruit & Veggie Bar Hand Cut French Fries	16 Entrees Hearty Chicken & Biscuits Vegetable Daily Soup Fresh Fruit & Veggie Bar Steamed Green Peas	17 Entrees Spaghetti w/Meat Sauce Sides Garlic Breadsticks Vegetable Daily Soup Fresh Fruit & Veggie Bar National Pasta Day	18 Entrees Cheesy Ravioli Bake Sides Garlic Breadsticks Vegetable Daily Soup Fresh Fruit & Veggie Bar	19 
22 Entrees Meatball Sub Vegetable Baked Potato Daily Soup Fresh Fruit & Veggie Bar	23 Entrees Beef Nachos Supreme Sides Rice Pilaf Condiment Salsa Vegetable Daily Soup Fresh Fruit & Veggie Bar	24 Entrees Homemade Cheesy Breadsticks Sides Chicken Noodle Soup Vegetable Daily Soup Fresh Fruit & Veggie Bar Marinara Dipping Sauce	25 Entrees Hearty Macaroni & Cheese Sides Homemade Cornbread Vegetable Daily Soup Fresh Fruit & Veggie Bar	26 Entrees Hot Turkey Sandwich Sides Turkey Gravy Fruit PJ'sCranberry Sauce Vegetable Chef's Mashed Potato Daily Soup Fresh Fruit & Veggie Bar
29 Entrees Oven Baked Chicken Nuggets Condiment BBQ Sauce Vegetable Daily Soup Fresh Fruit & Veggie Bar Roasted Sweet Potato Wedges	30 Entrees Chicken Fajita Sides Rice Pilaf Condiment Salsa Vegetable Daily Soup Fresh Fruit & Veggie Bar	31 Entrees Sloppy Joe Vegetable Braised Kale & Beans Daily Soup Fresh Fruit & Veggie Bar	<p>New Local Product: P. J. Cranberries from East Sandwich MA located on Cape Cod. Peter Hanlon and his sons are 3rd generation sustainable cranberry growers inspired from Peter's grandfather Patrick J Hanlon, who was a grower from 1920's-1940. P. J. Cranberries, along with The Abbey Group are members of Cape Cod Buy Fresh Buy Local and also are part the Commonwealth Quality Program where they are inspected and licensed. Cranberries were first cultivated in the Cape Cod town of Dennis around 1816. The Abbey Group is committed to purchasing 8,000 pounds of fresh cranberries during the fall harvest in early October from P.J. Cranberries and distributing them across New England to be used in the programs we manage as well as donating part of the harvest to other schools that are privately managed. The fresh cranberries will be used to make homemade cranberry sauce, cranberry pancakes, cranberry muffins, & cranberry mayonnaise. Cranberries, are one of three indigenous fruits of North America and high in antioxidants.</p>	

This institution is an equal opportunity provider.