



Fort Montgomery Elementary January 2019 Lunch Menu

<p>Milk is offered with all Meals and is Hormone Free. 1% and Fat Free White and Fat Free Chocolate available.</p>	<p>1</p> 	<p>2</p> <p>½ & ½ Day – Chicken Nuggets/Mozzarella Sticks</p> <p>Carrots, Mixed Fruit</p>	<p>3</p> <p>Tacos With Seasoned Meat</p> <p>Corn Garbanzo Beans, Applesauce</p>	<p>4</p> <p>Cheese Pizza w/wo Pepperoni</p> <p>Broccoli Cuts, Cucumber Slices Mixed Fruit</p>
<p>7</p> <p>Corn Dog</p> <p>Sweet Carrots, Applesauce</p>	<p>8</p> <p>Hamburger or Cheeseburger on Whole Grain Bun Tater Tots, Fresh Banana</p>	<p>9</p> <p>Whole Grain Grilled Cheese W/ Tomato Soup</p> <p>Celery Sticks, Orange Smiles</p>	<p>10</p> <p>Whole Grain Chicken Tenders</p> <p>Whole Grain Rice, Baked Beans, Applesauce</p>	<p>11</p> <p>Cheese Pizza w/wo Pepperoni</p> <p>Broccoli Cuts, Mixed Fruit</p>
<p>14</p> <p>Whole Grain Pasta with Meatballs</p> <p>Broccoli Cuts, Peaches</p>	<p>15</p> <p>Brunch for Lunch WG Waffles Hash Brown Sausage Patty Oranges</p>	<p>16</p> <p>½ & ½ Day – Chicken Nuggets/Half slice of Pizza Green Beans, Applesauce</p>	<p>17</p> <p>Nacho Platter With Seasoned Meat</p> <p>WG Rice Garbanzo Beans Applesauce</p>	<p>18</p> <p>Cheese Pizza w/wo Pepperoni</p> <p>Buttered Carrots Mixed Fruit</p>
<p>21</p> 	<p>22</p> <p>Whole Grain Mac & Cheese</p> <p>Celery Sticks, Orange Smiles</p>	<p>23</p> <p>Brunch for Lunch WG French toast Sticks Tater Tots, Applesauce</p>	<p>24</p> <p>Popcorn Chicken w/ Whole Grain Breadstick</p> <p>BBQ Baked Beans Spinach Pears</p>	<p>25</p> <p>Cheese Pizza w/wo Pepperoni</p> <p>Buttered Carrots Oranges</p>
<p>28</p> <p>WG Chicken Nuggets</p> <p>WG Rice, Corn, Applesauce</p>	<p>29</p> <p>Hot Dog on a Whole Grain Bun</p> <p>French Fries, Baked Beans Mixed Fruit</p>	<p>30</p> <p>Chicken Patty on a Whole Grain Bun</p> <p>Cucumber Slices, Buttered Carrots, Pears</p>	<p>31</p> <p>Whole Grain Pasta with Meat Sauce Whole Grain Garlic Bread Broccoli Cuts, Peaches</p>	<p>Fruit and Fresh Vegetable offered Daily with all meals. Students must take a fruit or vegetables with their meals. All Grains are Whole Grain (WG)</p>

Bagel Meal offered Daily – WG Bagel (w/choice of cream cheese or butter), Cheese Stick or Yogurt, Vegetable, Fruit and Milk.

Ham, Turkey or SunButter and Jelly on WG Bread offered daily

Food Service Director – Kathy Coakley 446-4914 ext 2890

Lunch - \$2.60, reduced meal \$.25. (Students that receive free or reduced lunches are also entitled to free or reduced breakfast)

You can prepay for your students meals by sending a check made out to HFFMCSO or going to www.PayPams.com.

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Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Waffles with Syrup Bagel, Cereal, Pop Tarts, Yogurt or Muffin	3 Cinniminnies Bagel, Cereal, Pop Tarts, Yogurt or Muffin	4 Whole Grain French Toast Cereal, Pop Tarts, Yogurt or Muffins
7 Mini Whole Grain Pancakes Bagels, Cereal, Pop Tarts, Yogurt or Muffins	8 Bagels, Cereal, Pop Tarts, Yogurt or Muffins	9 Sausage Egg & Cheese on a Whole Grain Bun Bagels, Cereal, Pop Tarts Yogurt or Muffins	10 Cherry Frudel Bagels, Cereal, Pop Tarts, Yogurt or Muffins	11 Bagels, Cereal, Pop Tarts, Yogurt or Muffins
14 Bagels, Cereal, Pop Tarts, Yogurt or Muffins	15 Waffles Bagels, Cereal, Pop Tarts, Yogurt or Muffins	16 Bagels, Cereal, Pop Tarts, Yogurt or Muffins	17 Bagels, Cereal, Pop Tarts, Yogurt or Muffins	18 French Toast Sticks Bagels, Cereal, Pop Tarts, Yogurt or Muffins
21  NO SCHOOL	22 Frudel Bagel, Cereal, Pop Tarts, Yogurt or Muffin	23 Bagel, Cereal, Pop Tarts, Yogurt or Muffin	24 Sausage Egg & Cheese Bagel, Cereal, Pop Tarts, Yogurt, or Muffin	25 Bagels, Cereal, Pop Tarts, Yogurt or Muffins
28 Mini Whole Grain Pancakes Bagels, Cereal, Pop Tarts, Yogurt or Muffins	29 Bagels, Cereal, Pop Tarts, Yogurt or Muffins	30 Waffles with Syrup Bagel, Cereal, Pop Tarts, Yogurt or Muffin	31 Bagels, Cereal, Pop Tarts, Yogurt or Muffins	Offered daily: Whole Grain Bagel, Assorted Muffins, Reduced Sugar Cereal with Cheese Stick, Yogurt with Cheese Stick, Pop Tart with Cheese Stick

**Remember: Free and Reduced Applications can be filled out year round and You MUST reapply by September 30th each year!
If your student is eligible for free or reduced lunch they can also receive breakfast!**

Complete Breakfast: \$1.25 Reduced Breakfast \$0.25

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Complete breakfast includes ½ cup of fruit

Fruit and Fruit Juice. Fat Free Chocolate and 1% White Milk are offered with each meal

Breakfast includes an Entrée, Fruit, Juice and a choice of milk.

Did you know? If you are eligible for Free or Reduced Lunch, you are also eligible for Free or Reduced Breakfast!