

Free Breakfast and Lunch for Students this year!

Join us for Breakfast daily

7:40- 8:00 am

# JANUARY 2022

Dubois K-12 Menu

FCSD #2 is an equal opportunity provider. Menu is subject to change based on availability.

## Monday

**Breakfast**

French Toast

**Lunch**

- #1 Biscuits & Gravy
- #2 Pizza

## Tuesday

**Breakfast**

Yogurt Parfait

**Lunch**

- #1 Turkey & Ham Deli Sub
- Chicken Noodle Soup
- #2 Hamburger on W/G Bun
- Seasoned Fries

## Wednesday

**Breakfast**

Waffles

**Lunch**

- #1 Pork Eggroll
- Fried Rice
- #2 Chicken Nuggets

## Thursday

**Breakfast**

Cheesy Egg Omelet

**Lunch**

- #1 Chicken Club
- #2 Hot Dog on W/G Bun
- Baked Beans

## Friday

**Breakfast**

Whole Grain Cake Donut

**Lunch**

- #1 W/G Corn Dog
- #2 Cheese Sticks
- Marinara Sauce

**Breakfast**

French Toast

**Lunch**

- #1 Scalloped Potatoes & Ham
- W/G Dinner Roll
- #2 Pizza

**Breakfast**

Egg & Cheese Corissant

**Lunch**

- #1 Grilled Cheese & Tomato Soup
- #2 Chicken Patty on W/G Bun

**Breakfast**

Waffles

**Lunch**

- #1 Spaghetti & Meatballs
- #2 Chicken Nuggets
- W/G Breadstick

**Breakfast**

Whole Grain Pancakes

**Lunch**

- #1 Chicken Fajitas
- #2 Fish Sticks

NO SCHOOL

**Breakfast**

French Toast

**Lunch**

- #1 Chili Cheese Fritos
- #2 Pizza

**Breakfast**

Yogurt Parfait

**Lunch**

- #1 Chicken Parmesan
- #2 Hamburger on W/G Bun
- Seasoned Fries

**Breakfast**

Waffles

**Lunch**

- #1 Mac & Cheese
- #2 Chicken Nutggets

**Breakfast**

Cheesy Egg Omelet

**Lunch**

- #1 Sweet & Sour Chicken
- Brown Rice
- #2 Hot Dog on W/G Bun
- Baked Beans

NO SCHOOL

**Breakfast**

French Toast

**Lunch**

- #1 Country Fried Steak & Gravy
- Mashed Potatoes & W/G Dinner Roll
- #2 Pizza

**Breakfast**

Egg & Cheese Corissant

**Lunch**

- #1 Beef Taco
- #2 Chicken Patty on W/G Bun
- Seasoned Fries

**Breakfast**

Waffles

**Lunch**

- #1 Pasta with Meatballs and Marinara Sauce
- #2 Chicken Nuggets
- W/G Breadstick

**Breakfast**

Whole Grain Pancakes

**Lunch**

- #1 Chicken Pot Pie
- #2 Fish Sticks

**Breakfast**

Whole Grain Cake Donut

**Lunch**

- #1 W/G Corn Dog
- #2 Cheese Sticks
- Marinara Sauce

**Breakfast**

French Toast

**Lunch**

- #1 BBQ Chicken Wings
- Roasted Red Potatoes
- #2 Pizza

**\*Available Daily\***

**Breakfast:** Crispy whole grain toast, assorted whole grain cereals, assorted fresh fruit, juice, LF white and FF chocolate milk. Smart snack approved  
**Grab and Go items for purchase.**

**Lunch:** Hot vegetables on scheduled days. **Salad Bar:** Colorful mixed greens, fresh fruit, vegetables, cottage cheese, shredded cheese, protein, whole grain rolls and dressings, LF white and FF chocolate milk