

A variety of low fat milk is available with each meal.

Condiments available where applicable

Menu subject to change without notice.

FCSD#1 is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				01/01/2021 NO SCHOOL TODAY
01/04/2021 CHICKEN TENDERS FRENCH FRIES DINNER ROLL PIZZA STEAMED MIXED VEGGIES ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/05/2021 CHICKEN FAJITA CORN DOG STEAMED CORN ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/06/2021 SPICY CHICKEN SANDWICH FRENCH BREAD PIZZA BAKED BEANS CREAMY COLESLAW CANNED FRUIT FRESH FRUIT	01/07/2021 CHEF SALAD MEATBALL SUB SWEET & SOUR CHICKEN BROWN RICE GF STEAMED GREEN BEANS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/08/2021 CHEF SALAD SPAGHETTI GARLIC TOAST BROCCOLI CHEESE SOUP DINNER ROLL PEAS & CARROTS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT
01/11/2021 CHEF SALAD TERIYAKI CHICKEN & RICE PIZZA STEAMED BROCCOLI ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/12/2021 CHEF SALAD BEEF TACOS HOTDOG REFRIED BEANS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/13/2021 CHEF SALAD HOT BEEF & CHEDDAR TONYS Pizza STEAMED PEAS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/14/2021 FIESTA SALAD ENCHILADAS Cheese breadstick STEAMED CALIFORNIA BLEND ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/15/2021 FIESTA SALAD CKN PATTY SANDWICH BEEFY NACHOS STEAMED CARROTS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT
01/18/2021 NO SCHOOL TODAY	01/19/2021 FIESTA SALAD BURRITO, BEAN&CHEESE Cheese quesadilla STEAMED CORN CANNED FRUIT FRESH FRUIT	01/20/2021 FIESTA SALAD CKN PATTY SANDWICH TONYS Pizza BAKED BEANS CREAMY COLESLAW CANNED FRUIT FRESH FRUIT	01/21/2021 COBB SALAD CHICKEN NUGGETS CORN DOG STEAMED GREEN BEANS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/22/2021 COBB SALAD BBQ RIB SANDWICH CHEESEBURGER PEAS & CARROTS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT
01/25/2021 COBB SALAD SWEET & SOUR CHICKEN BROWN RICE GF PIZZA STEAMED MIXED VEGGIES ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/26/2021 COBB SALAD CHICKEN TAQUITOS Cheese breadstick REFRIED BEANS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/27/2021 COBB SALAD ORANGE CHICKEN STIR FRY FRENCH BREAD PIZZA STEAMED PEAS ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/28/2021 GARDEN SALAD SLOPPY JOES HOTDOG STEAMED CALIFORNIA BLEND ASSORTED FRESH VEG. CANNED FRUIT FRESH FRUIT	01/29/2021 GARDEN SALAD SALISBURY STEAK MAC & CHEESE DINNER ROLL STEAMED CARROTS CANNED FRUIT FRESH FRUIT

**Lander Tigers**

