

FBCCC MENU FALL/WINTER 2016

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 3-7 & Oct 31-Nov 4 & Nov 28-Dec 2	Maple Panckes w/Fruit/Milk	Cheese Toast/ M. Oranges/Milk	Crispix / Bananas / Milk	French Toast Sticks/ Peaches/Milk	Yogurt/Toast/Milk
	Chicken Filet Slider French Fries Green Peas Applesauce Milk Water Available	Steak Nuggets Mashed Potatoes Mixed Fruit Wheat Roll Milk Water Available	Chicken Noodle Soup Grilled Cheese on Wheat Mixed Vegetables Diced Pears Milk Water Available	Spaghetti w/Meat Sauce Steamed Corn Mixed Fruit Garlic Toast Milk Water Available	Pancakes Sausage/Bacon Hash Brown Potatoes Applesauce Milk Water Available
	Vanilla Wafers/ Milk	Pretzel Twists/Grapes/Water	Animal Crackers /Milk	Saltines /Cheese Slice / Water	Cheez-its/ 100% Fruit Juice
Oct 10-14 & Nov 7-11 & Dec 5-9	Biscuits w/Jelly/OJ/Milk	Waffles/Apple Slices/Milk	Cheerios / Bananas / Milk	Blueberry Muffins/OJ/Milk	Oatmeal/Peaches/Milk
	Beanie Weenies Cole Slaw Mandarin Oranges Wheat Roll Milk Water Available	Chicken Tenders/Rice Pilaf Green Beans Diced Peaches Wheat Roll Milk Water Available	Baked Ham Macaroni and Cheese Pineapple Tidbits Wheat Roll Milk Water Available	Meatballs w/Gravy & Rice Fried Okra Diced Pears Wheat Roll Milk Water Available	Baked Chicken Legs Yams Steamed Broccoli Wheat Roll Milk Water Available
	Rice Krispy Treats/ Milk	Ritz Crackers / Raisins / Water	Graham Crackers / Milk	Nacho Chips/Cheese/ Salsa/Water	WG Goldfish/100% Fruit Juice
Oct 17-21 & Nov 14-18 & Dec 12-16	Maple Panckes w/Fruit/Milk	Cheese Toast/M. Oranges/Milk	Crispix / Bananas / Milk	French Toast Sticks/Peaches/Milk	Yogurt/Toast/Milk
	Hamburger Slider Squash Potato Wedges Mandarin Oranges Milk Water Available	Chicken/Gravy w/Noodles California Vegetables Diced Peaches Wheat Roll Milk Water Available	Tomato Soup/Crackers Grilled Cheese on Wheat Mixed Vegetables Applesauce Milk Water Available	Macaroni and Beef Green Beans Mixed Fruit Garlic Toast Milk Water Available	Fish Nuggets Au Gratin Potatoes Sliced Carrots Corn Muffin Milk Water Available
	Vanilla Wafers/ Milk	Pretzel Twists/Grapes/Water	Animal Crackers / Milk	Saltines / Cheese Slice / Water	Cheez-its/ 100% Fruit Juice
Oct 24-28 & Nov 21-25 & Dec 19-23	Biscuits w/Jelly/OJ/Milk	Waffles/Apple Slices/Milk	Cheerios / Bananas / Milk	Blueberry Muffins/OJ/Milk	Oatmeal/Peaches/Milk
	Soft Beef Taco on WW Tortilla Corn and Lima Beans Diced Pears Milk Water Available	Roast Pork w/gravy Fried Zucchini Mashed Potatoes Cornbread Milk Water Available	Chicken Pie Peas and Carrots Jello with fruit Wheat Roll Milk Water Available	Roasted Turkey & dressing Sweet Potato Fries Broccoli Wheat Roll Milk Water Available	Macaroni and Cheese Pinto Beans Stewed Cabbage Corn Muffin Milk Water Available
	Rice Krispy Treats/ Milk	Ritz Crackers / Raisins / Water	Graham Crackers / Milk	Nacho Chips /Cheese / Salsa/Water	WG Goldfish/100% Fruit Juice

