

FLSD Lunch Menu

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	17 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	18
19	20 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	21 <i>Chicken strips, SP fries, green beans, pear, milk</i>	22 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	23 <i>Chicken noodle soup, grilled cheese, tossed salad, orange slices, milk</i>	24 <i>Hamburger, cheese/ lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	25
26	27 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	28 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	29 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	30 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	31 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	

This institution is an equal opportunity provider.

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>No School—Labor Day</i>	4 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	5 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	6 <i>Taco salad, cheese/lettuce/tomato, refried beans, orange slices, milk</i>	7 <i>Hamburger, cheese/lettuce/tomato, green beans, SP fries, grapes, milk</i>	8
9	10 <i>Corndog, mac & cheese, peas, applesauce, milk</i>	11 <i>Spaghetti, tossed salad, steamed carrots, garlic bread, peaches, milk</i>	12 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineapple, milk</i>	13 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	14 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	15
16	17 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	18 <i>Chicken strips, SP fries, green beans, pear, milk</i>	19 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	20 <i>Chicken noodle soup, grilled cheese, tossed salad, orange slices, milk</i>	21 <i>Hamburger, cheese/lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	22
23	24 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	25 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	26 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	27 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	28 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	29
30						

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FLSD Lunch Menu

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Hot dog, French fries, broccoli w/dip, apple, milk</i>	2 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	3 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	4 <i>Taco salad, cheese/lettuce/tomato, refried beans, orange slices, milk</i>	5 <i>Hamburger, cheese/lettuce/tomato, green beans, SP fries, grapes, milk</i>	6
7	8 <i>Corndog, mac & cheese, peas, apple-sauce, milk</i>	9 <i>Spaghetti, tossed salad, steamed carrots, garlic bread, peaches, milk</i>	10 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineapple, milk</i>	11 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	12 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	13
14	15 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	16 <i>Chicken strips, SP fries, green beans, pear, milk</i>	17 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	18 <i>Chili, grilled cheese, tossed salad, orange slices, milk</i>	19 <i>Hamburger, cheese/lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	20
21	22 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	23 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	24 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	25 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	26 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	27
28	29 <i>Hot dog, French fries, broccoli w/dip, apple, milk</i>	30 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	31 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>			

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FLSD Lunch Menu

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Taco salad, cheese/ lettuce/tomato, refried beans, orange slices, milk</i>	2 <i>Hamburger, cheese/ lettuce/tomato, green beans, SP fries, grapes, milk</i>	3
4	5 <i>Corndog, mac & cheese, peas, apple- sauce, milk</i>	6 <i>No School General Election</i>	7 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineap- ple, milk</i>	8 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	9 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	10
11	12 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	13 <i>Chicken strips, SP fries, green beans, pear, milk</i>	14 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	15 <i>Turkey, mashed pota- toes, green beans, roll, applesauce, milk</i>	16 <i>Hamburger, cheese/ lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	17
18	19 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	20 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	21 <i>No School Thanksgiving Break</i>	22 <i>No School Thanksgiving Break</i>	23 <i>No School Thanksgiving Break</i>	24
25	26 <i>Hot dog, French fries, broccoli w/dip, apple, milk</i>	27 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pine- apple, milk</i>	28 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	29 <i>Taco salad, cheese/ lettuce/tomato, refried beans, orange slices, milk</i>	30 <i>Hamburger, cheese/ lettuce/tomato, green beans, SP fries, grapes, milk</i>	

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December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Corndog, mac & cheese, peas, apple-sauce, milk</i>	4 <i>Spaghetti, tossed salad, steamed carrots, garlic bread, peaches, milk</i>	5 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineapple, milk</i>	6 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	7 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	8
9	10 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	11 <i>Chicken strips, SP fries, green beans, pear, milk</i>	12 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	13 <i>Chili, grilled cheese, tossed salad, orange slices, milk</i>	14 <i>Hamburger, cheese/lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	15
16	17 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	18 <i>Turkey, mashed potatoes, green beans, roll, applesauce, milk</i>	19 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	20 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	21 <i>No School— Christmas Break</i>	22
23	24 <i>No School— Christmas Break</i>	25 <i>No School— Christmas Break</i>	26 <i>No School— Christmas Break</i>	27 <i>No School— Christmas Break</i>	28 <i>No School— Christmas Break</i>	29
30	31 <i>No School— Christmas Break</i>					

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FLSD Lunch Menu

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>No School— Christmas Break</i>	2 <i>No School— Christmas Break</i>	3 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	4 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	5
6	7 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	8 <i>Chicken strips, SP fries, green beans, pear, milk</i>	9 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	10 <i>Chili, grilled cheese, tossed salad, orange slices, milk</i>	11 <i>Hamburger, cheese/ lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	12
13	14 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	15 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	16 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	17 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	18 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	19
20	21 <i>No School—MLK Jr. Day</i>	22 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pine- apple, milk</i>	23 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	24 <i>Taco salad, cheese/ lettuce/tomato, refried beans, orange slices, milk</i>	25 <i>Hamburger, cheese/ lettuce/tomato, green beans, SP fries, grapes, milk</i>	26
27	28 <i>Corndog, mac & cheese, peas, apple- sauce, milk</i>	29 <i>Spaghetti, tossed salad, steamed car- rots, garlic bread, peaches, milk</i>	30 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineap- ple, milk</i>	31 <i>Pizza bread, tossed salad, green beans, apple, milk</i>		

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February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	2
3	4 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	5 <i>Chicken strips, SP fries, green beans, pear, milk</i>	6 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	7 <i>Chili, grilled cheese, tossed salad, orange slices, milk</i>	8 <i>Hamburger, cheese/ lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	9
10	11 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	12 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	13 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	14 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	15 <i>No School— President's Day Weekend</i>	16
17	18 <i>No School— President's Day Weekend</i>	19 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	20 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	21 <i>Taco salad, cheese/ lettuce/tomato, refried beans, orange slices, milk</i>	22 <i>Hamburger, cheese/ lettuce/tomato, green beans, SP fries, grapes, milk</i>	23
24	25 <i>Corndog, mac & cheese, peas, apple-sauce, milk</i>	26 <i>Spaghetti, tossed salad, steamed carrots, garlic bread, peaches, milk</i>	27 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineapple, milk</i>	28 <i>Pizza bread, tossed salad, green beans, apple, milk</i>		

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FLSD Lunch Menu

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	2
3	4 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	5 <i>Chicken strips, SP fries, green beans, pear, milk</i>	6 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	7 <i>Chicken noodle soup, grilled cheese, tossed salad, orange slices, milk</i>	8 <i>Hamburger, cheese/ lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	9
10	11 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	12 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	13 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	14 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	15 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	16
17	18 <i>Hot dog, French fries, broccoli w/dip, apple, milk</i>	19 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	20 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	21 <i>Taco salad, cheese/ lettuce/tomato, refried beans, orange slices, milk</i>	22 <i>Hamburger, cheese/ lettuce/tomato, green beans, SP fries, grapes, milk</i>	23
24	25 <i>Corndog, mac & cheese, peas, apple-sauce, milk</i>	26 <i>Spaghetti, tossed salad, steamed carrots, garlic bread, peaches, milk</i>	27 <i>Chicken nuggets, French fries, steamed broccoli, roll, pineapple, milk</i>	28 <i>Pizza bread, tossed salad, green beans, apple, milk</i>	29 <i>Cheese pizza, Caesar salad, orange slices, carrots w/ dip, grapes, milk</i>	30
31						

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FLSD Lunch Menu

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	2 <i>Chicken strips, SP fries, green beans, pear, milk</i>	3 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	4 <i>Chicken noodle soup, grilled cheese, tossed salad, orange slices, milk</i>	5 <i>Hamburger, cheese/lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	6
7	8 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	9 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	10 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	11 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	12 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	13
14	15 <i>Hot dog, French fries, broccoli w/dip, apple, milk</i>	16 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	17 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	18 <i>Taco salad, cheese/lettuce/tomato, refried beans, orange slices, milk</i>	19 <i>No School—Good Friday</i>	20
21	22 <i>No School—Spring Break</i>	23 <i>No School—Spring Break</i>	24 <i>No School—Spring Break</i>	25 <i>No School—Spring Break</i>	26 <i>No School—Spring Break</i>	27
28	29 <i>Salisbury steak, mashed potatoes, peas, roll, applesauce, milk</i>	30 <i>Chicken strips, SP fries, green beans, pear, milk</i>				

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FLSD Lunch Menu

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Giovanni's pepperoni pizza, tossed salad, watermelon, milk</i>	2 <i>Chicken noodle soup, grilled cheese, tossed salad, orange slices, milk</i>	3 <i>Hamburger, cheese/lettuce/tomato, French fries, broccoli w/dip, grapes, milk</i>	4
5	6 <i>Boneless wings, SP fries, tossed salad, roll, apple, milk</i>	7 <i>Lasagna, Texas toast, steamed broccoli, pineapple, milk</i>	8 <i>Chicken sandwich, baked chips, green beans, carrots w/dip, peaches, milk</i>	9 <i>Ground beef nachos, salsa, refried beans, corn, grapes, milk</i>	10 <i>Bosco sticks, Caesar salad, carrots w/dip orange slices, milk</i>	11
12	13 <i>Hot dog, French fries, broccoli w/dip, apple, milk</i>	14 <i>Chicken alfredo, tossed salad, steamed peas, breadstick, pineapple, milk</i>	15 <i>Popcorn chicken, mashed potatoes, green beans, peaches, milk</i>	16 <i>Taco salad, cheese/lettuce/tomato, refried beans, orange slices, milk</i>	17 <i>Hamburger, cheese/lettuce/tomato, green beans, SP fries, grapes, milk</i>	18
19	20 <i>Corndog, mac & cheese, peas, apple-sauce, milk</i>	21 <i>Cook's Choice</i>	22 <i>Cook's Choice</i>	23 <i>Cook's Choice</i>	24	25
26	27	28	29	30	31	

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