



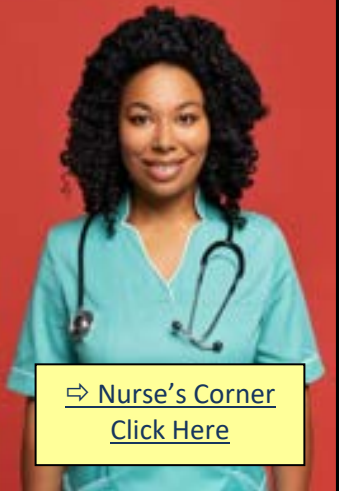


FOUNTAIN HS 9-12 SNP BREAKFAST AND LUNCH MENU – DEC 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	  
BREAKFAST MEAL	WG Bagel Bites (2 oz) ½ c Oranges, ½ c Apple Juice	WG Blueberry Muffin (2 oz) ½ c Peaches, ½ c Orange Juice	WG Bagel w/Nutella (2 oz) 1/2 c Pears, ¼ c Craisins	WG Cornbread w/Syrup (4 oz) 1 Banana + ½ c Apple Juice	
Lunch MMA	Pizza Burger (1 ea)	WG Chicken Burrito	Tex Mex Bowl (8 oz)	Turkey Pinwheels (1 ea)	
Veg	½ c Broccoli (Dark Grn)	1.25 c Carrots	½ c Green Beans(Otr)	¾ c Celery Sticks	
Fruit	½ c Baked Beans (Otr)	½ c Pears, 1 Orange	½ c Corn (Starch)	½ c Fruit Mix, 1 Apple	
Grain	½ c Apples, 1 Banana WG Hamburger Bun	WG Tortilla (2 oz)	½ c Oranges, 1 Banana WG Brn Rice 8 oz	WG Tortilla (2 oz)	
	9	10	11	12	
BREAKFAST MEAL	WG Bagel w/Crm Chs (2 oz) ½ c Sliced Apples + 1 Banana	WG Cin Toast Crun Bowl (1 oz) 1 Apple + ½ c Pineapples	Biscuit w/Apple Butter 1 Banana + ½ c Sliced Peaches	French Toast Bites (3 oz) 1 Orange + ½ c Pears	
Lunch MMA	Taco Salad Wrap (1 ea)	Chicken Creole Bowl (4 oz)	WG Cheese Pizza (1 Slice)	BBO Chicken Pita	
Veg	½ c Sweet Corn (Starch)	¾ c Broccoli (Dark Green)	1.25 c Carrots w/Ranch (R/O)	1 c Red Beans (Leg)	
Fruit	½ c Green Peas (Starch)	½ c Green Beans (Other)	½ c Fruit Mix, 1 Apple	½ c Peaches, 1 Banana	
Grain	½ c Peaches, 1 Banana WG Tortilla (2 oz)	½ c Apples, ½ c Oranges WG Brn Rice 8 oz	Grain in Crust (2 oz)	WG Pita (2 oz)	
	16	17	18	19	
BREAKFAST MEAL	WG Cin Toast Crun Bowl (1 oz) 1 Orange + 1 Apple	Strawberry Waf Peach Parfait 1 Apple + ½ c Pineapples	WG Mini Cin Chs Bag (2.43 oz) 1 Banana + ½ c Sliced Peaches	WG Bagel w/Crm Chs (2 oz) 1 Banana + ½ Apple Juice	
Lunch MMA	Chicken Slider w/Honey (1 ea)	Turkey Pot Pie (2/3 c or 5.3 oz)	Chicken Curry Sandwich 3 oz)	Hawaiian Chicken Wrap (1 ea)	
Veg	½ c Sweet Peas (Starch)	1.25 c Sweet Potatoes (R/O)	¾ c Green Beans (Otr)	1 c Black Beans (Leg)	
Fruit	½ c Broccoli (Green Leafy)	1 c Seasoned Peaches	½ c Mixed Fruit, ½ c Pears	½ c Mand Oranges, 1 Apple	
Grain	½ c Apples, 1 Banana WG Hamburger Bun	WG Biscuit in Potpie (1 ea)	WG Brn Rice 8 oz	WG Tortilla (2 oz)	

NO SCHOOL FROM DECEMBER 23, 2024 THROUGH JANUARY 3, 2025

WINTER BREAK



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All fruit is at least a combined total of 1 c – All veg is 1 c except Red/Orange Day the serving is 1.25 oz – No pork/pork by products, fish or nuts served.
Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk.