

FLAGLER COUNTY MIDDLE SCHOOL LUNCH MENU



DAILY BEVERAGES

Fat Free Chocolate
.5% Strawberry
1% White

100% Orange juice
100% Apple juice
100% Grape juice


IMPORTANT DATES!

Jan 5th	School Resumes
Jan 16th	MLK Birthday
Jan 23rd	Teacher Planning Day
Feb 20th	President's Day
Feb 29th	Early Release
March 30th	Teacher Planning Day
April 2 to April 6th	Spring Break
April 9th	School Resumes
May 9th	Early Release Day
May 28th	Memorial Day
June 6th	Early Release
June 7th	Last Day of School

Cycle 1 Monday	Cycle 1 Tuesday	Cycle 1 Wednesday	Cycle 1 Thursday	Cycle 1 Friday
<p><u>Specials of the Day</u></p> <p>Pasta w/Meatballs Or Pizza Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Chilled Peaches Green Beans Breadstick</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Baked Chicken Or Cheeseburger Sliders Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Cinnamon Applesauce Carrot Coins Mashed Potato's with Gravy Sweet Yeast Roll</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Grilled Cheese Sandwich Or Chicken Sandwich Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit Garden Salad Colossal Crisps</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>BBQ Pork Sliders Or Hot Dog Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Blue Bell Strawberry Bar Baked Beans Cole Slaw</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Hamburger/ Cheeseburger Or Fish Fillet Sandwich Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Apple Slices Baby Carrots w/Dip Baked Chips</p> <p>* Fruit Juice Variety * Milk Variety</p>
Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
<p><u>Specials of the Day</u></p> <p>Mac N' Cheese Or Pizza Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Applesauce Green Beans Breadstick</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Chicken Lo Mein Or Corn Dogs Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit Broccoli Sweet Yeast Roll</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Chicken Quesadilla Or Loco Taco Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Strawberry Cup Golden Corn Seasoned Rice</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Flame Broiled Rib Sandwich Or Chicken Potato Bowl Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Apple Slices Peas & Carrots Breadstick</p> <p>* Fruit Juice Variety * Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Hamburger/ Cheeseburger Or Fish Fillet Sandwich Or Fit N' Fresh Salad</p> <p><u>SERVED WITH</u> Chilled Pears Baby Carrots w/Dip Colossal Crisps</p> <p>* Fruit Juice Variety * Milk Variety</p>

BE A FIT TEENAGER

A Fit Teenager is one who eats well, gets a lot of physical activity (exercise), and has a healthy weight.



If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Here are five rules to live by, if you're a kid who wants to be fit.

1. Eat a variety of foods, especially fruits and vegetables.
2. Drink water and milk most often.
3. Listen to your body (It will tell you when its full after you eat)
4. Limit screen time (the more time you spend watching TV or playing video games the less time you have for fun exercise).
5. Be active - One job you have as a teenager is that you get to figure out what activities you really enjoy.

<http://kidshealth.org>

MEAL PRICES

Student	\$1.75
Adult	\$3.50

The meal includes an entrée, choice of 3 sides and milk.

Nutrition and Allergen Information available at:

<http://www.flaglerschools.com/content/menu-analysis>

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*Menus are subject to change, without notice, due to the availability of products.

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