


A milk choice of 1%, 2%, skim
and fat free chocolate is served
with all meals.

FLIPPIN PUBLIC SCHOOLS
SEPTEMBER 2018 LUNCH MENU

Menu is subject to change based
on weather and food availability.

(lunch/breakfast menu)

Monday	Tuesday	Wednesday	Thursday	Friday
USDA IS AN EQUAL OPPORTUNITY EMPLOYER				
	PEPPERONI PIZZA BROCCOLI/TOMATO & DIP FRESH FRUIT BANANA BREAD MILK FRUIT CHOICE 9-12	SPAGHETTI / MEATSAUCE SEASONED GREEN BEANS SALAD PINEAPPLE MILK ROLL / FRUITCHOICE (9-12)	BBQ PULLED PORK / BUN BAKED BEANS COLE SLAW FRESH GRAPES MILK FRUIT CHOICE 9-12	BEEF TACO LET/TOM/SALSA REFRIED BEANS APPLE WEDGES OATMEAL COOKIE MILK PANISH RICE/FRUIT CHOICE(9-1
COUNTRY FRIED STEAK MASHED POTATOES / ROLL BLACK EYE PEAS BROCCOLI / TOMATOES & DIP ORANGE WEDGES MILK	STROMBOLI CORN ON THE COB SALAD / DRESSING APPLE SAUCE C.C. COOKIE / MILK CARROT STICKS & DIP (9-12)	CHICKEN FAJITA LET / TOM / SALSA PINTO BEANS GRAPES OATMEAL COOKIE MILK	VEGETABLE OR TOMATO SOUP GRILLED CHEESE SANDWICH SALAD / DRESSING PEACHES MILK	NO SCHOOL FOR STUDENTS :)
HOT DOG ON BUN QUICK BAKED POTATO CARROT STICKS & DIP PEACHES MILK ROLL (9-12)	PIZZA SALAD / DRESSING MIXED VEGETABLES ORANGE WEDGES MILK	SPAGHETTI / MEATSAUCE SALAD / DRESSING GREEN BEANS PINEAPPLE TIDBITS ROLL MILK	BEEF TACO LET / TOM / SALSA REFRIED BEANS APPLE WEDGES OATMEAL COOKIE MILK	BBQ PULLED PORK ON BUN BAKED BEANS BROCCOLI SALAD GRAPES GRAHAM CRAKER MILK
NACHO'S w/ GROUND BEEF LETTUCE / TOMATO PINTO BEANS MIXED FRUIT APPLESAUCE CAKE MILK	CHICKEN QUESIDILLA SALAD / DRESSING GREEN BEANS PINEAPPLE TIDBITS GRAHAM CRACKER MILK	CHILI SALAD / DRESSING CINN ROLL ORANGE WEDGES MILK CRACKERS (9-12)	CHICKEN & NOODLES STEAMED BROCCOLI SALAD / DRESSING PEARS ROLL MILK	HOT HAM & CHEESE ON BUN POTATO WEDGES VEGGIES & DIP BANANA MILK



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