

FCHS REBEL SPIRIT

CONNIE Pickney, Manager



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A La Carte

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School News

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Monday	Tuesday	Wednesday	Thursday	Friday
Chicken wrap Let n tom Smile potatoes Milk 1	Taco salad Pinto beans Let. N tom Breadstick Milk 2	Rice bowl made to order Choice of meat, veggies, & rice Fruit Milk 3	Spaghetti w/ meat balls Green beans Garden salad Breadsticks Milk 4	Sweet n sour pork Oriental vegetables Fried corn Rice Milk 5
Chili pie Tator tots Fruit cheese breadstick Milk 8	Beef stir fry Oriental vegetables Fried okra Rice Milk 9	Chicken tenders Creamed potatoes Green beans Roll Milk 10	Sub sandwich made to order: choice of meat, cheese, trimmings Fruit Fresh veggie sticks Milk Chips 11	Burrito w/ salsa Mexican corn Refried beans Mexican rice Milk 12
15 Pork nachos Cheese breadsticks Chili beans Fruit Milk	Fiesta beef wrap Let, tom, cheese Coleslaw Smile potatoes Milk 16	Chicken/ potato bowl Green peas Gravy/cheese Biscuit Milk 17	Sub made to order choice of meat, cheese, trimmings Fruit Fresh veggie sticks Milk Chips 18	Lasagna Garden salad Green beans Breadstick Milk 19
Egg roll Seasoned rice Oriental vegetables Fruit cup Milk 22	Meatballs w/ rice Garden salad Corn Breadstick Milk 23	Chicken tenders Creamed potatoes Green beans Roll Milk 24	Rice bowl made to order Choice of meat, vegetables, rice, toppings Fruit Milk 25	Taco pie W/ salad topping Fruit cup Milk 26
Beef n potato bowl Green beans Biscuit Brown gravy Milk 29	Pork nacho Breadstick Chili beans Fruit Milk 30	Beef stir fry Fried okra Fruit cup Rice Milk 31	Guess What? Bees have to visit four million flowers to make one kilogram of honey, traveling a distance equal to four times around the earth.	

