


May

FCTS 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Available Daily: Pizza Choices Assorted Sandwiches & Specialty Salad Meals		Wednesday "Wings" Boneless Wings Seasoned Potato Wedges Veggie Dippers	Baked Potato Bar Fresh Chili & Cheddar Bacon & Sour Cream Roasted Broccoli Soft Baked Roll	Chicken, Bacon, Ranch Flatbread Macaroni Salad Broccoli Salad
6	7	8	9	10
"Post Cinco de Mayo" Turkey Carnitas Rice Bowl Cilantro Lime Rice Onions & Peppers Salsa & Guacamole Black Bean Salad	Chicken Fried Rice Vegetable Eggroll Mixed Vegetables Blueberry Crisp	Brunch for Lunch! French Toast Sausage Links Homefries Gold Rush Juice	Shepherd's Pie Garlic Breadstick Apple Slices Chocolate Hummus	BBQ Pulled Pork WG Bun Coleslaw Ranch Potato Wedges
13	14	15	16	17
Chicken Tenders Rice Pilaf Buttered Corn Warm Breadstick	Taco Tuesday! Soft Wheat Tortillas Lettuce, Tomato, Cheddar, Salsa & Sour Cream Refried Beans	Pasta Bar Meat or Alfredo Sauce Cheesy Breadstick Roasted Broccoli	Fresh Meatloaf & Gravy Creamy Mashed Potatoes Buttered Corn Warm Wheat Roll	Pizza Dippers Marinara Dipping Sauce Crunchy Cajun Chickpeas
20	21	22	23	24
Chicken Cacciatore over Rotini Pasta Garlic Breadstick	Cheese Quesadillas Salsa, Sour Cream Guacamole Green Garden Salad	Crispy Chicken Sandwich Whole Grain Roll Lettuce & Tomato Cucumber Salad Suchchips	Macaroni & Cheese Pretzel Bites Garlicky Green Beans Garden Salad	Baked Mozzarella Sticks Marinara Dipping Sauce Italian Pasta Salad Roasted Ranch Chickpeas
27	28	29	30	31
 Memorial Day	Spaghetti & Meatballs Garlic Toast Parmesan Roasted Cauliflower	General Tso's Chicken & Rice Broccoli Bites Sesame Noodle Salad	Cheeseburger Whole Grain Roll Lettuce, Tomato & Pickles Onion Rings Baked Beans	The "Mac" Flatbread Lettuce, Tomato, Pickles & Onion Bar Creamy Coleslaw
<p>It is the policy of Franklin County Technical School not to discriminate on the basis of homeless status, sexual orientation, transgender, gender identity, creed, color, national origin or disability in its educational programs, activities or employment policies.</p>				<p>Lunch \$3.00 Reduced \$.40 Breakfast \$1.75 Reduced \$.30</p>

Breakfast
Mondays
French Toast Sticks Syrup Cup Assorted Fruit 100% Juice & Milk
Tuesdays
Sausage, Egg & Cheese Breakfast Sandwich Assorted Fruit 100% Juice & Milk
Wednesdays
Bagel with Cream Cheese Assorted Fruit 100% Juice & Milk
Thursdays
Bacon, Egg & Cheese Breakfast Sandwich Assorted Fruit 100% Juice & Milk
Fridays
Fruit & Yogurt Parfait Fresh Baked Granola Assorted Fruit 100% Juice & Milk
Other Breakfast Choices Offered Daily: Assorted Cereal, Cereal Bars, Smoothies & Fresh Granola & Fruit Parfaits

