

2018 Resica Falls Menu

Weeks 1, 3, 5, and 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Closed	Breakfast Pancakes Sausage Links	Breakfast Scrambled Eggs Sausage Patty Hash Brown	Breakfast Waffles Pork Roll	Breakfast French Toast Bacon	Breakfast Scrambled Eggs Sausage Link	Breakfast Bagels
Lunch Closed	Lunch Hamburgers Corn on the Cob Potato Chips Sliced Watermelon Specialty Station Wing Bar Salad of the Day Chef's Salad	Lunch Chicken Fingers Tater Tots Churro Specialty Station Nacho Bar Salad of the Day Chopped Salad	Lunch Pizza Carrots, Celery & Ranch Assorted Fruit Ices Specialty Station Pasta Bar Salad of the Day Caesar Salad	Lunch Pulled Pork Herbed Noodles Mixed Veggies Cookies Specialty Station Baked Potato Bar Salad of the Day Buffalo Chicken	Lunch Cold Cut Hoagies Chips Steamed Broccoli Assorted Italian Ices Specialty Station Asian Bar Salad of the Day Taco Salad	Lunch Closed
Dinner Roasted Turkey Sweet Potatoes Stuffing Gravy Steamed Carrots Apple Cobbler	Dinner BBQ Chicken Mac & Cheese Summer Squash Brownie	Dinner Spaghetti Meatballs Roasted Broccoli Breadsticks Ice Cream Sandwich	Dinner Meatloaf Mashed Potatoes Steamed Green Beans Gravy Yellow Cake	Dinner Chicken Parmesan Rigatoni Roasted Cauliflower Ice Cream Cup	Dinner Roast Beef Herbed Potatoes Steamed Snap Peas Gravy Chocolate Cake	Dinner Closed

Additional Daily Menu Offerings

- Breakfast Cereals
- Low Fat Yogurt and Cottage Cheese
- Deluxe Salad Bar with House Made Dressings
- Seasonal Fresh Fruit
- Peanut Butter and Jelly Sandwiches
- Dinner Rolls

Daily Beverage Options

- 100% Orange Juice
- 100% Apple Juice
- Low Fat Chocolate Milk, 2% Milk, Whole Milk
- Soy Milk
- Coffee and Hot Cocoa
- FISD WaterWorks Program

This menu has been reviewed by:

Susan Cooper, MS, RD, CDN
Director of Wellness
Flik Independent School Dining



If You Have A Food Allergy, Please Contact Marco Morales, Director Of Dining Services At
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