



Flippin School District Lunch Menu

Menu is Subject to change

October 2020

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Monday	Tuesday	Wednesday	Thursday	Friday	
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	This Institution is an Equal Opportunity Provider		Teriyaki Bites	Ham and Cheese Roll Up	
		Seasoned Rice	Lettuce and Tomato		
		Seasoned Broccoli	French Fries		
		Egg Roll 9-12	Apple		
		Mandarin Oranges	Graham Crackers 9-12		
		Fortune Cookie		Milk	
5	6	7	8	9	
Chili with Corn Chips	Hamburger	Chicken and Noodles	Beef Fingers	Rib Patty Sandwich	
Celery Sticks with Ranch	Lettuce-Tomato-Pickle	Seasoned Carrots	Mashed Potatoes	Baked Beans	
Mixed Fruit	French Fries	Oven Fried Okra	Spinach Salad	Pickle Spear	
Gelatin	Grapes	Pineapple	Sliced Peaches	Tropical Fruit	
Milk	Milk	Hot Roll 9-12	Crackers 9-12	Brownie	
		Milk	Milk	Milk	
12	13	14	15	16	
Pizza	Beefy Nachos	Cheese Pocket	Baked Chicken	Corn Dog	
Green Beans	Lettuce and Tomato	Side Salad	Mashed Potatoes	Coleslaw	
Carrot Sticks	Refried Beans	Crackers	Green Peas	Pepper Strips with Ranch	
Banana	Fresh Pear	Marinara Sauce	Orange	Mixed Fruit	
Vanilla Wafers	Graham Crackers 9-12	Applesauce	Biscuit	Pudding	
Milk	Milk	Milk	Milk	Milk	
19	20	21	22	23	
Hot Dog	Chic Penne	Chicken Nuggets	Tacos	Pizza	
French Fries	Side Salad	Mashed Potatoes	Lettuce-Tomato- Cheese	Green Beans	
Pickle Spears	Cherry Tomatoes	California Blend Vegetables	Refried Beans	Celery Sticks with Ranch	
Peaches	Mandarin Oranges	Pineapple	Pears	Frozen Fruit Cup	
	Crackers	Hot Roll 9-12	Graham Crackers 9-12		
	Chocolate Chip Cookie				
Milk	Milk	Milk	Milk	Milk	
26	27	28	29	30	
Macaroni and Cheese	Chicken Fried Steak	Chicken Stir Fry	Turkey and Cheese Roll Up	Chili	
Spinach Salad	Mashed Potatoes	Rice	Sweet Potato Fries	Tater Tots	
Black-eyed Peas	Baby Carrots with Ranch	Egg Roll	Lettuce and Tomato	Applesauce	
Tropical Fruit	Apple	Orange Wedges	Mixed Fruit	Pumpkin Cinnamon Roll	
Cornbread	Biscuit 9-12	Fortune Cookie	Rice Krispy Treat		
Milk	Milk	Milk	Milk	Milk	