

Kettering Fairmont High School

Every meal comes with 2 sides (fruits/vegetables) and a milk. Extra Entrees will be sold for \$2.00 – \$2.50.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CrEATe Station (\$2.50 a la carte)

WING BAR

Bone in/Boneless
Celery/Carrot Sticks
BBQ, Buffalo, Honey Mustard

BURGER BAR

Beef Patty, Assorted Cheeses
Assorted Toppings, Buns
Lettuce, Tomato, Onion,
Pickle, Jalapenos

ASIAN BAR

Korean BBQ, Orange
Sauce, Teriyaki
Naked Chicken, Breaded
Chicken, Beef

FIESTA BAR

Taco, Nacho, Burrito
Beef, Chicken, Veggie
Black beans, Corn
Rice

ITALIAN BAR

Pasta, Chicken/Beef
Marinara Sauce, Alfredo
Sauce
Fresh Crisp Salad

SLICES (\$2.50 a la carte)

BUFFALO CHICKEN
PIZZA

Primo Pepperoni or
Cheese

Calzone

Stromboli

Specialty Pizza

HOT n READY (\$2.00 a la carte)

CHICKEN PATTY
SANDWICH

CHEESEBURGER

CHICKEN TENDER
BASKET

HOT HAM N
CHEESE

CRUNCHY FISH
SANDWICH

SPICY CHICKEN
PATTY SANDWICH

HAMBURGER

BOSCO STICKS

CORN DOG

HOT ITALIAN SUB

FIREBIRD DELI BOXES (\$2.50 a la carte)

SANDWICHES:

MEAT: Turkey, Ham,
Chicken Salad
CHEESE: American,
Mozzarella, Cheddar
VEGGIES: Lettuce,
Tomato, Onion, Pickle,
Cucumber, Peppers
BREAD: Tortilla, Hoagie
Bun, **NEW!!** CROISSANT

SALADS:

House Salad with Egg and
Cheese
Southwest Chicken Salad
Crispy Chicken Salad
Taco Salad
Asian Chicken Salad
Grilled Chicken Salad

Parfaits:

Berry Special Parfait
Chocolate Cherry Parfait
Peanut Butter Banana Buster
Parfait
Caramel Applicious Parfait
Strawberry Crunch Parfait

Snack n Go's:

Cheese and Crackers
*Peanut Butter Cups with
Bread*
Chips and Cheese Cups
*Hummus, Flatbread,
Vegetables*

All Deli Bird Box Items
are found in the Cold
Merchandiser in the
Serving Bay. If you
need help please find
one of our Nutrition
Ambassadors.

GRAB n GO Offered Daily:

*Peanut Butter
Sandwich
House Salad w
Cheese
Vegetarian
Options*

**Fresh Whole
Fruit &
Fresh Cut
Vegetables
Available
Every Day**

MILK Options Daily:
Nonfat: White,
Chocolate,
Strawberry 1% White
Milk

This institution is an equal opportunity provider and employer

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY

Kettering Fairmont High School

FIREBIRD FEATURE (4 Week Cycle)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK A (A La Carte \$2.00)					<p>GRAB n GO Fruits and Vegetables: (assortment offered daily)</p> <p>Apples, Oranges, Grapes, Bananas, Pineapples, Tangerines, Peaches, Pears, Applesauce, Watermelon, and MANY MORE!</p> <p>Carrots, Broccoli, Celery, Cucumber, Cherry Tomatoes, Romaine Lettuce Cup Cold Salads: Potato Salad, Black Bean Salsa and MORE!</p>
Beef Soft Taco Black Beans	Macaroni & Cheese w/ Garlic Bread Roasted Broccoli	MEGA Grilled Cheese & Tomato Soup	Chicken Drumstick & Corn Biscuit Mashed Potatoes	Meatball Sub Italian Green Beans	
WEEK B (A La Carte \$2.00)					
Chicken & Waffles Tater Tots Syrup	Beef Fiestada Vegetable Sticks & Dip	Spaghetti and Meatballs Romaine Salad Cup	Chicken Quesadilla Refried Beans	Loaded Potatoes Chili, Cheese, Onions, Bacon, Sour Cream	
WEEK C (A La Carte \$2.00)					
Chicken Fried Rice Snap Peas, Carrots, Peppers, Mushrooms	Chicken Parmesan Romaine Salad Cup	Walking Taco Cowboy Salsa	White Cheddar Macaroni Cherry Tomatoes	Crunchy Chicken Taquitos Warm Buttery Corn	
WEEK D (A La Carte \$2.00)					
Twisted Alfredo Roasted Broccoli	Lasagna Roll Up Romaine Salad Cup	Chicken & Noodles Broccoli, Carrots, Cauliflower	Brunch for Lunch Roasted Potatoes	Chili Cheese Burrito Kidney Beans	

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