



School Meals

Food and Nutrition Services

FCPS school meals are **FRESH!**

Flavorful
Responsive
Eco-friendly
Student-focused
Healthy

What makes our meals **healthy?**

- ✓ No high fructose corn syrup
- ✓ Lower sodium
- ✓ Whole grains
- ✓ Unlimited fruit and vegetable options

Sample Breakfast

- Maple whole-grain Belgian waffle
- Blueberry yogurt parfait
- Banana
- Cereal options
- Low-fat milk

Sample Lunch

- Chicken and vegetable dumplings
- Vegetable dumplings
- Salad bar
- Fresh whole pear
- Flavored milk with less added sugars

*All menu items are pork-free



New Menu Items Debut This Year!

- ★ Turkey Barbacoa Street Tacos
- ★ Bean & Cheese Pupusas
- ★ Roasted Plantains
- ★ Smoothies
- ★ Chana Masala
- ★ Korean BBQ Chickenless Bites

Check out our full menu!



Apply for free and reduced-price meals at fcps.edu/frm