



December, 2018

Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Serve Daily: Hamburger on Bun Chicken Patty Spicy Chicken Patty Cheese Pizza Turkey Hot Dogs Grilled Cheese Sandwich Sun-Butter & Jelly Sandwich Nachos Fridays: Pepperoni Pizza Rotating Fries Mon, Wed, French Fries Whole Grain: Dinner Roll Flatbread Slice Bread Pasta Condiments Selection: Ranch Dressing Ketchup Mayonnaise Mustard BBQ Sauce Italian Dressing Milk Choice: 1% Milk Fat Free Chocolate Milk <small>Menus are subject to change without notice.</small>
03 Entrée: Buffalo Chicken Drumsticks Tuna Salad Sandwich Sides: Mashed Potatoes Fresh Baby Carrots Fresh Apple Craisins	04 Entrée: Spaghetti Turkey & Cheese Sandwich Sides: Steamed Corn Celery Sticks Fresh Apple Fresh Pear	05 Entrée: Chili Cheese Baked Potato Chicken Nuggets Sides: Steamed Green Beans Jicama Sticks Fresh Banana Fresh Cantaloupe	06 Entrée: Grilled Turkey & Cheese Sandwich Egg Salad Sandwich Sides: Vegetarian Baked Beans Celery w/ Baby Carrots Fresh Apple Fresh Pear	07 Entrée: Breaded Fish Melt Turkey Ham & Cheese Sandwich Sides: Steamed Broccoli Red Pepper Strips Fresh Apple Fresh Grapes	
10 Entrée: Chicken Parmesan Chicken Caesar Wrap Sides: Fresh Tomatoes wedges Steamed Peas & Carrots Fresh Apple Craisins	11 Entrée: Chicken Tacos Grilled Cheese Sandwich Sides: Steamed Corn Fresh Cucumber Fresh Apple Fresh Pear	12 Entrée: Jumbo Cheese Ravioli Turkey & Cheese Sides: Steamed Carrots Jicama Sticks Fresh Banana Fresh Cantaloupe	13 Entrée: Mini Corn Dog Cheesy Wrap Sides: Campfire Chipotle Beans Fresh Baby Carrots Fresh Apple Fresh Pear	14 Entrée: Pepperoni Pizza Chicken Nuggets Sides: Romaine Salad Red Pepper Strips Fresh Apple Fresh Grapes	
17 Entrée: Italian Cheese Dunker Cheesy Wrap Sides: Steamed Corn Fresh Baby Carrots Fresh Apple Craisins	18 Entrée: Buffalo Drumsticks T-Ham & Cheese SDW Sides: Steamed Green Beans & Carrots Red Peppers Fresh Apple Fresh Pear	19 Entrée: A. Roasted Turkey w/ Gravy B. Sun-Butter Sandwich Sides: Mashed Potato Cranberry Sauce Assorted Fruit	20 Entrée: Meatball Pizza Sub Chicken Salad Sandwich Sides: Assorted Fruit Assorted Vegetable	21 Entrée: Macaroni & Cheese Chicken Nuggets Sides: Assorted Fruit Assorted Vegetable	
24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	
31 Winter Break					

Freedom and Heritage Middle School

To make a meal, student must select at least 1 serving of fruit or vegetable.

A parent/guardian of any student with a food allergy should feel Free to contact the Food Service Director at: (708) 484-5773.

