



February, 2019

Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... <i>Serve Daily:</i> Cheeseburger Chicken Patty Spicy Chicken Patty Cheese Pizza Turkey Hot Dogs Grilled Cheese Sandwich Sun-Butter & Jelly Sandwich Nachos <i>Fridays:</i> Pepperoni Pizza Rotating Fries Mon, Wed, French Fries <i>Whole Grain:</i> Dinner Roll Bread Sticks Slice Bread Pasta <i>Condiments Selection:</i> Ranch Dressing Ketchup Mayonnaise Mustard BBQ Sauce Italian Dressing <i>Milk Choice:</i> 1% Milk Fat Free Chocolate Milk <i>Juice Served Daily:</i> Apple Juice: Tues & Friday, Fruit Punch: Mon & Thursday, Grape Juice: Wednesday. Menus are subject to change without notice.
				01 <i>Entrée:</i> Hamburger on Bun Turkey Ham & Cheese Sandwich Buffalo Chicken Salad <i>Sides:</i> Steamed Broccoli Fresh Green Pepper Strips Fresh Apple Fresh Banana	
04 <i>Entrée:</i> Breaded Drumstick Turkey & Cheese Wrap Fruit & Cheese Plate <i>Sides:</i> French Fries Fresh Broccoli Fresh Apple Fresh Orange	05 <i>Entrée:</i> Baked Potato Turkey & Cheese Sandwich Chicken Salad Platter <i>Sides:</i> Sweet Golden Corn Fresh Zucchini Fresh Apple Fresh Pear	06 <i>Entrée:</i> Mac & Cheese Cheese Sandwich Tuna Salad Platter <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Orange	07 <i>Entrée:</i> Jumbo Cheese Ravioli Turkey Ham & Cheese Sandwich Turkey Chef Salad <i>Sides:</i> Charro Black Beans Baby Carrots Fresh Apple Fresh Pear	08 <i>Entrée:</i> Roasted Turkey Egg Salad Sandwich Chicken Ranch Salad <i>Sides:</i> Steamed Broccoli Fresh Green Pepper Strips Fresh Apple Fresh Banana	
11 <i>Entrée:</i> Buffalo Chicken Drumstick Tuna Salad Sandwich Chicken Ranch Salad <i>Sides:</i> Mashed Potato Fresh Baby Carrots Fresh Apple Fresh Orange	12 <i>Entrée:</i> Cheeseburger Grilled Turkey Ham & Cheese Sandwich Chef Salad <i>Sides:</i> Sweet Golden Corn Fresh Celery Fresh Apple Fresh Pear	13 <i>Entrée:</i> Chili Baked Potato Chicken Nuggets Popcorn Chicken Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Orange	14 <i>Entrée:</i> Jumbo Cheese Ravioli Egg Salad Sandwich Hummus Chicken Salad <i>Sides:</i> Charro Black Beans Baby Carrots & Celery Stick Fresh Apple Cherry Sidekick	15 <i>Entrée:</i> Chicken Fajita Quesadilla Turkey Ham & Cheese Sandwich Nacho Bean Salad <i>Sides:</i> Steamed Broccoli Fresh Green Peppers Fresh Apple Fresh Banana	
18 No School	19 No School	20 <i>Entrée:</i> Pizza Sticks Turkey & Cheese Sandwich Chicken Buffalo Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Apple Fresh Orange	21 <i>Entrée:</i> Corn Dog Cheesy Wrap Winter Fruit Salad <i>Sides:</i> Vegetarian Beans Fresh Baby Carrots Fresh Apple Fresh Pear	22 <i>Entrée:</i> Macaroni & Cheese Chicken Nuggets Chicken Salad Platter <i>Sides:</i> Steamed Broccoli Fresh Green Peppers Fresh Apple Fresh Banana	
25 <i>Entrée:</i> Baked Potato Cheesy Wrap Tuna Salad Platter <i>Sides:</i> French Fries Baby Carrots Fresh Apple Fresh Orange	26 <i>Entrée:</i> Buffalo Chicken Drumsticks Turkey Ham & Cheese Sandwich Turkey Chef Salad <i>Sides:</i> Sweet Golden Corn Fresh Green Pepper Strips Fresh Apple Fresh Pear	27 <i>Entrée:</i> Chicago Style Hot Dog Turkey & Cheese Sandwich Chicken Ranch Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Orange	28 <i>Entrée:</i> Meatball Pizza Sub Chicken Salad Sandwich All-American Salad <i>Sides:</i> Charro Black Beans Celery Sticks Fresh Apple Fresh Pear		

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.

