



January, 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 Winter Break	02 Winter Break	03 Winter Break	04 Winter Break	
07 <i>Entrée:</i> Buffalo Drumstick Tuna Salad Sandwich Diced Chicken Caesar Salad <i>Sides:</i> Mashed Potatoes Fresh Baby Carrots Fresh Apple Fresh Orange	08 <i>Entrée:</i> Turkey Ham & Cheese Grilled Sandwich Turkey & Cheese Sandwich All-American Salad <i>Sides:</i> Sweet Golden Corn Celery Sticks Fresh Apple Fresh Pear	09 <i>Entrée:</i> Chili Baked Potato Chicken Nuggets Popcorn Chicken Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Grapes	10 <i>Entrée:</i> Jumbo Cheese Ravioli Egg Salad Sandwich Hummus Chicken Salad <i>Sides:</i> Black Beans Fresh Baby Carrots Fresh Apple Fresh Pear	11 <i>Entrée:</i> Chicken Fajita Quesadilla Turkey Ham & Cheese Sandwich Nacho Bean Salad <i>Sides:</i> Steamed Broccoli Fresh Green Peppers Fresh Apple Fresh Grapes	
14 <i>Entrée:</i> Inside out Pasta Chicken Caesar Wrap Chicken Baja Salad <i>Sides:</i> Fresh Celery Peas & Carrots Fresh Apple Fresh Orange	15 <i>Entrée:</i> Beef Tacos Turkey Ham Cheese Sandwich Chicken Fajita Salad <i>Sides:</i> Sweet Golden Corn Fresh Cucumber Slices Fresh Apple Fresh Pear	16 <i>Entrée:</i> Pizza Sticks Turkey & Cheese Sandwich Chicken Buffalo Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Grapes	17 <i>Entrée:</i> Mini Corn Dog Cheesy Wrap Winter Fruit Salad <i>Sides:</i> Vegetarian Beans Fresh Baby Carrots Fresh Apple Fresh Pear	18 <i>Entrée:</i> Macaroni & Cheese Chicken Nuggets Chicken Salad Platter <i>Sides:</i> Steamed Broccoli Fresh Green Peppers Fresh Apple Fresh Grapes	
21 NO SCHOOL	22 NO SCHOOL	23 <i>Entrée:</i> Chicago Style Hot Dog Turkey & Cheese Sandwich Chicken Caesar Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Grapes	24 <i>Entrée:</i> Meatball Pizza Sub Chicken Salad Sandwich All-American Salad <i>Sides:</i> Charro Black Beans Celery Sticks Fresh Apple Fresh Pear	25 <i>Entrée:</i> Mozzarella Sticks Chicken Nuggets Popcorn Chicken Salad <i>Sides:</i> Steamed Broccoli Fresh Cucumber slices Fresh Apple Fresh Grapes	
28 <i>Entrée:</i> Boneless Wings Turkey Ham & Cheese Sandwich Hummus Chicken Salad <i>Sides:</i> Steamed Zucchini Fresh Baby Carrots Fresh Apple Fresh Orange	29 <i>Entrée:</i> Grilled Turkey Ham & Cheese Sandwich Chicken Salad Sandwich Nacho Bean Salad <i>Sides:</i> Sweet Golden Corn Celery Sticks Fresh Apple Fresh Pear	30 <i>Entrée:</i> Mashed Potato Chicken Nugget Bowl Egg Salad Sandwich Chicken Baja Salad <i>Sides:</i> Steamed Mixed Veggies Jicama Sticks Fresh Banana Fresh Grapes	31 <i>Entrée:</i> Mac & Cheese w/ Fish Sticks Turkey & Cheese sandwich Chicken Fajita Salad <i>Sides:</i> Vegetarian Beans Baby Carrots 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.

