



June, 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.
03 Chicken Nuggets w/ Roll Steamed Broccoli Fresh Fruit	04 Beef Tacos T, Ham Sandwich Black Beans Fresh Fruit	05 Pizza Max Sticks w/ Marinara Sauce Turkey Sandwich Steamed Peas Fresh Fruit	06 Corn Dog Vegetarian Beans Fresh Fruit	07	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	

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.

