



# May,

# 2019

## Middle School Lunch

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | <b>Special News...</b><br><br><i>Serve Daily:</i><br>Cheeseburger<br>Chicken Patty<br>Spicy Chicken Patty<br>Cheese Pizza<br>Sun-Butter & Jelly Sandwich<br>Nachos<br><br><i>Fridays:</i><br>Rotating Fries<br><br>Mon, Wed,<br>French Fries<br><br><i>Whole Grain:</i><br>Dinner Roll<br>Bread Sticks<br>Slice Bread<br>Pasta<br><br><i>Condiments Selection:</i><br>Ranch Dressing<br>Ketchup<br>Mayonnaise<br>Mustard<br>BBQ Sauce<br>Italian Dressing<br><br><i>Milk Choice:</i><br>1% Milk<br>Fat Free Chocolate Milk<br><br><i>Juice Served Daily:</i><br>Apple Juice: Tues & Friday,<br>Fruit Punch: Mon & Thursday,<br>Grape Juice: Wednesday.<br><br>Menus are subject to change without notice. |
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|  |  | <b>01</b><br><br><b>Entrée:</b><br>Cheese Pizza Sticks<br>Turkey & Cheese Sandwich<br>Buffalo Chicken Salad<br><b>Sides:</b><br>Steamed Broccoli<br>Jicama Sticks<br>Fresh Banana<br>Fresh Orange | <b>02</b><br><br><b>Entrée:</b><br>Mini Chicken Corn Dog<br>Cheesy Wrap<br>Fruit & Cheese Salad<br><b>Sides:</b><br>Vegetarian Baked Beans<br>Fresh Baby Carrots<br>Fresh Apple<br>Fresh Cantaloupe | <b>03</b><br><br><b>Entrée:</b><br>Pepperoni Pizza<br>Egg Salad Sandwich<br>Chicken Salad Platter<br><b>Sides:</b><br>Steamed Broccoli<br>Fresh Green Pepper Strips<br>Fresh Apple<br>Fresh Orange  |   |
| <b>06</b><br><br><b>Entrée:</b><br>Broccoli & Cheese Baked Potato<br>Cheesy Wrap<br>Tuna Salad Platter<br><b>Sides:</b><br>Steamed Peas & Carrots<br>Fresh Baby Carrots<br>Fresh Apple<br>Fresh Orange | <b>07</b><br><br><b>Entrée:</b><br>Buffalo Chicken Drumsticks<br>T, Ham & Cheese Sandwich<br>Chef Salad<br><b>Sides:</b><br>Sweet Golden Corn<br>Green Pepper Strips<br>Fresh Apple<br>Fresh Cantaloupe          | <b>08</b><br><br><b>Entrée:</b><br>Chicago Style Hot Dog<br>Turkey & Cheese Sandwich<br>Chicken Salad<br><b>Sides:</b><br>Steamed Broccoli<br>Jicama Sticks<br>Fresh Banana<br>Fresh Orange       | <b>09</b><br><br><b>Entrée:</b><br>Meatball Sub<br>Chicken Salad Sandwich<br>Chef Salad<br><b>Sides:</b><br>Charro Black Beans<br>Fresh Celery Sticks<br>Fresh Apple<br>Fresh Cantaloupe            | <b>10</b><br><br><b>Entrée:</b><br>Grilled T, Ham Melt<br>Turkey Sandwich<br>Popcorn Chicken Salad<br><b>Sides:</b><br>Steamed Broccoli<br>Fresh Green Pepper Strips<br>Fresh Apple<br>Fresh Orange |   |
| <b>13</b><br><br><b>Entrée:</b><br>Cheese Pizza Sticks<br>Turkey Ham & Cheese Sandwich<br>Chicken Salad<br><b>Sides:</b><br>Steamed Zucchini<br>Baby Carrots<br>Fresh Apple<br>Fresh Orange            | <b>14</b><br><br><b>Entrée:</b><br>Buffalo Chicken Drumsticks<br>Grilled T, Ham & Melt<br>Nacho Bean Salad<br><b>Sides:</b><br>Sweet Golden Corn<br>Fresh Green Pepper Strips<br>Fresh Apple<br>Fresh Cantaloupe | <b>15</b><br><br><b>Entrée:</b><br>Chicago Style Hot Dog<br>Turkey & Cheese Sandwich<br>Chicken Baja Salad<br><b>Sides:</b><br>Steamed Broccoli<br>Jicama Sticks<br>Fresh Banana<br>Fresh Orange  | <b>16</b><br><br><b>Entrée:</b><br>Meatball Sub<br>Chicken Salad Sandwich<br>Egg Chef Salad<br><b>Sides:</b><br>Charro Black Beans<br>Baby Carrots<br>Fresh Apple<br>Fresh Pear                     | <b>17</b><br><br><b>Entrée:</b><br>Cheeseburger<br>Grilled T, Ham & Melt<br>Buffalo Chicken Salad<br><b>Sides:</b><br>Steamed Broccoli<br>Fresh Green Pepper Strips<br>Fresh Apple<br>Fresh Orange  |   |
| <b>20</b><br><br><b>Entrée:</b><br>BBQ Chicken Drumsticks<br>T, Ham Cheesy Wrap<br><b>Sides:</b><br>French Fries<br>Fresh Broccoli<br>Fresh Apple<br>Fresh Orange                                      | <b>21</b><br><br><b>Entrée:</b><br>Broccoli & Cheese Baked Potato<br>Turkey & Cheese Sandwich<br><b>Sides:</b><br>Sweet Golden Corn<br>Fresh Zucchini<br>Fresh Apple<br>Fresh Cantaloupe                         | <b>22</b><br><br><b>Entrée:</b><br>Mac & Cheese<br>Cheese Sandwich<br><b>Sides:</b><br>Steamed Broccoli<br>Jicama Sticks<br>Fresh Banana<br>Fresh Orange  | <b>23</b><br><br><b>Entrée:</b><br>Boneless Chicken Wings<br>Turkey Ham & Cheese Sandwich<br><b>Sides:</b><br>Vegetarian Baked Beans<br>Baby Carrots<br>Fresh Apple<br>Fresh Pear                   | <b>24</b><br><br><b>Entrée:</b><br>Roasted Turkey<br>Egg Salad Sandwich<br><b>Side:</b><br>Steamed Broccoli<br>Fresh Green Peppers Strips<br>Fresh Apple<br>Fresh Orange                            |   |
| <b>27</b><br><br>No School   | <b>28</b><br><br><b>Entrée:</b><br>Cheeseburger<br>Grilled T, Ham Melt<br><b>Sides:</b><br>Sweet Golden Corn<br>Fresh Veggie<br>Fresh Fruit  | <b>29</b><br><br><b>Entrée:</b><br>Chili Baked Potato<br>Chicken Nuggets<br><b>Sides:</b><br>Steamed Broccoli<br>Fresh Veggie<br>Fresh Fruit  | <b>30</b><br><br><b>Entrée:</b><br>Sloppy Joe<br>Egg Salad Sandwich<br><b>Sides:</b><br>Charro Black Beans<br>Fresh Veggie<br>Fresh Fruit   | <b>31</b><br><br><b>Entrée:</b><br>Chicken Fajita Quesadilla<br>Turkey Ham & Cheese Sandwich<br><b>Sides:</b><br>Steamed Broccoli<br>Fresh Veggie<br>Fresh Fruit                                    |   |

### 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.

