



November, 2018

Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			01 Entrée: Turkey Ham Melt Egg Salad Sandwich Hummus Salad Sides: Vegetarian Baked Beans Celery Sticks & Carrots Fresh Apple Fresh Pear	02 Entrée: Fish Patty Melt Turkey Ham Sandwich Bean Nacho Salad Sides: Steamed Broccoli Red Pepper Strips Fresh Apple Fresh Grapes	Special News... Serve Daily: Cheeseburger on Bun Chicken Patty Spicy Chicken Patty Cheese Pizza Sun-Butter & Jelly Sandwich Nachos Fridays: Pepperoni Pizza Mon, Wed: French Fries Fridays: Rotating Fries Whole Grain: Dinner Roll Flatbread Slice Bread Pasta Rice Condiments Selection: Ranch Dressing Ketchup Mayonnaise Mustard BBQ Sauce Italian Dressing Milk Choice: Skim Milk Fat Free Chocolate Milk Menus are subject to change without notice.
05 No School	06 No School	07 Entrée: Inside Out Baked Pasta Turkey & Cheese Sandwich Buffalo Chicken Salad Sides: Steamed Carrots Jicama Sticks Fresh Banana Fresh Cantaloupe	08 Entrée: Turkey Ham Melt Chicken Nuggets Winter Salad Sides: Campfire Pinto beans Fresh Baby Carrots Fresh Apple Fresh Pear	09 Entrée: Mini Corn Dogs Egg Salad Sandwich Diced Chicken Caesar Platter Sides: Romaine Salad Green Pepper Strips Fresh Apple Fresh Grapes	
12 Entrée: Italian Cheese Dunker Cheesy Wrap Tuna Platter Sides: Steamed Corn Fresh Baby Carrots Fresh Apple Craisins	13 Entrée: Roasted Turkey w/ Gravy Sun-Butter Sandwich Sides: Mashed Potato Cranberry Sauce Celery Sticks Fresh Apple Fresh Pear	14 Entrée: BBQ Pork Rib Sandwich Grilled Cheese Chicken Caesar Salad Sides: Steamed Green Peas Jicama Sticks Fresh Banana Fresh Cantaloupe	15 Entrée: Meatball Pizza Sub Chicken Salad Sandwich All-American Cobb Salad Sides: Black Charro Beans Celery Sticks Fresh Apple Fresh Pear	16 Entrée: Macaroni & Cheese Chicken Nuggets Popcorn Chicken Salad Sides: Steamed Broccoli Fresh Cucumber Slices Fresh Apple Fresh Grapes	
19 Entrée: Hot Dog on Bun Turkey Ham & Cheese SDW Hummus Salad Sides: Steamed Zucchini Fresh Baby Carrots Fresh Apple Craisins	20 Half Day	21 Thanksgiving Holiday	22 Thanksgiving Holiday	23 Thanksgiving Holiday	
26 Entrée: Buffalo Chicken Drumstick Grilled Cheese Winter Fruit Salad Sides: Mashed Potatoes Fresh Broccoli Fresh Apple Craisins	27 Entrée: Baked Potato Turkey & Cheese Sandwich Diced Chicken Platter Sides: Orange Glazed Carrots Fresh Zucchini Fresh Apple Fresh Pear	28 Entrée: Macaroni & Cheese Chicken Nuggets Tuna Platter Sides: Steamed Peas Jicama Sticks Fresh Banana Fresh Cantaloupe	29 Entrée: Jumbo Ravioli Pasta Turkey Ham Sandwich Turkey Chef Salad Sides: Campfire Pinto Beans Fresh Baby Carrots Fresh Apple Fresh Pear	30 Entrée: Smokey Turkey w/ Gravy Egg Salad Sandwich Diced Chicken Caesar Salad Sides: Steamed Broccoli Green Pepper Strips Fresh Apple Fresh Grapes	

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.

