



October

2018

Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Serve Daily: Hamburger on Bun Chicken Patty Spicy Chicken Patty Chicken Nuggets Cheese Pizza Turkey Hot Dogs Grilled Cheese Sandwich Sun-Butter & Jelly Sandwich Nachos Fridays: Pepperoni Pizza Mon, Wed, Friday: French Fries Whole Grain: Dinner Roll Flatbread Slice Bread Soft Baked Pretzel Pasta Rice Condiments Selection: Ranch Dressing Ketchup Mayonnaise Mustard BBQ Sauce Italian Dressing Milk Choice: 1% Fat Free or Fat Free Chocolate Milk Menus are subject to change without notice.
01 Entrée: Chicken Parmesan Chicken Caesar Wrap Baja Chicken Salad Sides: Peas & Carrots Fresh Tomatoes Wedges Fresh Apple Fresh Orange	02 Entrée: Chicken Tacos Turkey Ham & Cheese SDW Egg Chef Salad Sides: Sweet Golden corn Fresh Cucumber Slices Fresh Banana Fresh Pear	03 Entrée: Jumbo Cheese Ravioli w/ Marinara Sauce Turkey & Cheese Sandwich Buffalo Chicken Salad Sides: Steamed Carrots Celery Sticks Fresh Apple Fresh Watermelon	04 Entrée: Cheese Pizza Cheesy Wrap Winter Fruit & Cheese Plate Sides: Campfire Chipotle Beans Fresh Baby Carrots Fresh Banana Fresh Pear	05 Entrée: Pepperoni Pizza Egg Salad Sandwich Chicken Salad Platter Sides: Romaine Salad Red Pepper Strips Fresh Apple Fresh Watermelon	
08 No School	09 No School	10 Entrée: BBQ Pork Rib Sandwich Turkey & Cheese Sandwich Chicken Caesar Salad Sides: Steamed Green Peas Jicama Sticks Fresh Apple Fresh Watermelon	11 Entrée: Meatball Pizza Sub Chicken Salad Sandwich All-American Cobb Salad Sides: Black Charro Beans Celery Sticks Fresh Banana Fresh Pear	12 Entrée: Macaroni & Cheese Turkey Sandwich Popcorn Chicken Salad Sides: Steamed Broccoli Fresh Cucumber Slices Fresh Apple Fresh Watermelon	
15 Entrée: Orange Popcorn Chicken w/Broccoli Turkey Ham & Cheese Sandwich Hummus Salad Sides: Steamed Zucchini Fresh Tomatoes Wedges Fresh Apple Fresh Orange	16 Entrée: Grilled Turkey Ham & Cheese Sandwich Chicken Salad SWD Bean Nacho Salad Sides: Steamed Corn Celery Sticks Fresh Banana Fresh Pear	17 Entrée: Country Chicken Nugget Bowl Egg Salad Sandwich Baja Chicken Salad Sides: Steamed Peas & Carrots Jicama Sticks Fresh Apple Fresh Watermelon	18 Entrée: Macaroni & Cheese W/Fish Sticks Turkey & Cheese Sandwich Egg Chef Salad Sides: Kickin' Beans Fresh Baby Carrots Fresh Banana Fresh Pear	19 Entrée: Cheese Burger on Bun Turkey Ham & Cheese Sandwich Buffalo Chicken Salad Sides: Romaine Salad Fresh Cucumber Fresh Apple Fresh Watermelon	
22 Entrée: Breaded Chicken Drumstick T.Ham Turkey & Cheese Wrap Winter Fruit & Cheese Plate Sides: Mashed Potato Fresh Broccoli Fresh Apple Fresh Orange	23 Entrée: Baked Potato Turkey & Cheese Sandwich Chicken Salad Platter Sides: Orange Glazed Carrots Fresh Zucchini Fresh Banana Fresh Pear	24 Entrée: Macaroni & Cheese Cheese Sandwich Tuna Salad Platter Sides: Steamed Green Peas Jicama Sticks Fresh Apple Fresh Watermelon	25 Entrée: Jumbo Cheese Ravioli W/Marinara Sauce Turkey Ham & Cheese Sandwich Turkey Chef Salad Sides: Campfire Chipotle Beans Fresh Baby Carrots Fresh Banana Fresh Pear	26 Entrée: Roast Turkey Egg Salad Sandwich Chicken Caesar Salad Sides: Steamed Broccoli Red Pepper Strips Fresh Apple Fresh Watermelon	
29 Entrée: Buffalo Chicken Drumsticks Tuna Salad Sandwich Chicken Caesar Salad Sides: Mashed Potatoes Fresh Baby Carrots Fresh Apple Fresh Orange	30 Entrée: Spaghetti Turkey & Cheese Sandwich All-American Chef Salad Sides: Steamed Corn Celery Sticks Fresh Banana Fresh Pear	31 Entrée: Chili Cheese Baked Potato Cheese Sandwich Popcorn Chicken Salad Sides: Steamed Green Beans Jicama Sticks Fresh Apple Fresh Watermelon			

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.

