



# September 2018

## Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Special News...</b>  <b>Serve Daily:</b> Hamburger on Bun Chicken Patty Spicy Chicken Patty Chicken Nuggets Cheese Pizza Turkey Hot Dogs Grilled Cheese Sandwich Sun-Butter & Jelly Sandwich Nachos  <b>Fridays:</b> Pepperoni Pizza  <b>Mon, Wed, Friday:</b> French Fries  <b>Whole Grain:</b> Dinner Roll Flatbread Slice Bread Soft Baked Pretzel Pasta Rice  <b>Condiments Selection:</b> Ranch Dressing Ketchup Mayonnaise Mustard BBQ Sauce Italian Dressing  <b>Milk Choice:</b> Skim Milk 1% Milk  Menus are subject to change without notice.
<b>03</b> No School	<b>04</b> No School	<b>05</b> Entrée: BBQ Pork Rib Sandwich Turkey & Cheese Sandwich Chicken Caesar Salad Sides: Steamed Green Peas Jicama Sticks Fresh Apple Fresh Watermelon	<b>06</b> Entrée: Meatball Pizza Sub Chicken Salad Sandwich All-American Cobb Salad Sides: Black Charro Beans Celery Sticks Fresh Banana Fresh Pear	<b>07</b> Entrée: Macaroni & Cheese Turkey Sandwich Popcorn Chicken Salad Sides: Steamed Broccoli Fresh Cucumber Slices Fresh Apple Fresh Watermelon	
<b>10</b> Entrée: Orange Popcorn Chicken w/Broccoli Turkey Ham & Cheese Sandwich Hummus & Chicken Topped Salad Sides: Steamed Zucchini Fresh Tomatoes Wedges Fresh Apple Fresh Orange	<b>11</b> Entrée: Grilled Turkey Ham & Cheese Sandwich Chicken Salad Sandwich Bean Nacho Salad Sides: Steamed Corn Celery Sticks Fresh Banana Fresh Pears	<b>12</b> Entrée: Country Chicken Nugget Bowl Egg Salad Sandwich Baja Chicken Salad Sides: Steamed Peas & Carrots Jicama Sticks Fresh Apple Fresh Watermelon	<b>13</b> Entrée: Macaroni & Cheese W/ Fish Sticks Turkey & Cheese Sandwich Egg Chef Salad Sides: Kickin' Beans Fresh Baby Carrots Fresh Banana Fresh Pears	<b>14</b> Entrée: Cheese Burger on Bun Turkey Ham & Cheese Sandwich Buffalo Chicken Salad Sides: Romaine Salad Fresh Cucumber Fresh Apple Fresh Watermelon	
<b>17</b> Entrée: Breaded Chicken Drumstick T.Ham Turkey & Cheese Wrap Winter Fruit & Cheese Plate Sides: Mashed Potato Fresh Broccoli Fresh Apple Fresh Orange	<b>18</b> Entrée: Cheeseburger Turkey & Cheese Sandwich Chicken Salad Platter Sides: Orange Glazed Carrots Fresh Zucchini Fresh Banana Fresh Pear	<b>19</b> Entrée: Macaroni & Cheese Cheese Sandwich Tuna Salad Platter Sides: Steamed Green Peas Jicama Sticks Fresh Apple Fresh Watermelon	<b>20</b> Entrée: Jumbo Cheese Ravioli W/ Marinara Sauce Turkey Ham & Cheese Sandwich Turkey Chef Salad Sides: Campfire Chipotle Beans Fresh Baby Carrots Fresh Banana Fresh Peard	<b>21</b> Entrée: Roast Turkey Egg Salad Sandwich Chicken Caesar Salad Sides: Steamed Broccoli Red Pepper Strips Fresh Apple Fresh Watermelon	
<b>24</b> Entrée: Buffalo Chicken Drumsticks Tuna Salad Sandwich Chicken Caesar Salad Sides: Mashed Potatoes Fresh Baby Carrots Fresh Apple Fresh Orange	<b>25</b> Entrée: Spaghetti Turkey & Cheese Sandwich All-American Chef Salad Sides: Steamed Corn Celery Sticks Fresh Banana Fresh Pear	<b>26</b> Entrée: Chili Cheese Baked Potato Cheese Sandwich Popcorn Chicken Salad Sides: Steamed Green Beans Jicama Sticks Fresh Apple Fresh Watermelon	<b>27</b> Entrée: Grilled Turkey & Cheese Sandwich Egg Salad Sandwich Hummus & Chicken Topped Salad Sides: Vegetarian Baked Beans Celery Sticks W/ Baby Carrots Fresh Banana Fresh Pear	<b>28</b> Entrée: Breaded Fish Melt Turkey Ham & Cheese Sandwich Bean Nacho Salad Sides: Steamed Broccoli Red Pepper Strips 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.

