

Lunch Prices

Lunch \$2.35
 Reduced \$.40
 Adult \$3.85
 Milk \$.55

MENU SUBJECT TO CHANGE

Please Choose at least **3** of the **5** items for the school lunch price!
 Entrée, Choice of Two Fruits /to include juice, and/or 2Vegetables,

***Fresh Veggies:** Will include **AT LEAST one Red/ Orange, one Dark Green and one Other Veggie every day**

Fruits: At least 1 fresh fruit available per day

Milk Choices:
 Chocolate, 1%White and Skim

Mascot " Little D"
 The five food group **DRAGON !**
dairyspot.com



"Little D"
 Meet our new Nutrition Mascot



**Freedom Area School District
 Elementary Menu
 MAY-JUNE 2017**

USDA is an equal opportunity provider and employer

**Randy Walker
 Food Service Director**



Additional Fruit & Vegetable Choices May Include:
 Apples, Oranges, Bananas, Pears, Applesauce, Peaches, Fruit Cocktail, Pineapple, Fruit Juices, Tossed Salad, Vegetable Salad, Carrots, Celery, Cucumber, Tomato,, Broccoli, Cauliflower.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese Sandwich Tomato Soup Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	2 Popcorn Chicken WG Roll Smiley Potatoes Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	3 Cheeseburger Oven Fries Steamed Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	4 Totally Tacos(3 each) Salsa/ Refried Beans Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	5 Big Daddy Pizza Green Leafy Salad *Fresh Veggies Steamed Broccoli Assorted Fruit Choices Choice of Milk
8 Mini Ravioli Bosco Stick(1) Marinara Sauce Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	9 Chicken Tenders Au Gratin Potatoes NatureValley Smore Crunch Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	10 Triple Berry French Toast Go Big Yogurt Pouch Sausage Patty Potato Triangles Fresh Fruit Banana/Blue Raspberry Juice Choice of Milk	11 Chicken Patty Sandwich Oven Potatoes Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	12 NO SCHOOL (ACT 80)
15 Hamburger/ WG Bun Mac n Cheese Steamed Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	16 Chicken Nuggets Cheese Sauce/ Hot Pretzel Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	17 Mini Corn Dogs Tater Tots Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk LUCKY TRAY DAY!!!	18 Walking Taco (Meat, Cheese, Beans) Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	19 Big Daddy Pizza Green Leafy Salad *Fresh Veggies Steamed Broccoli Assorted Fruit Choices Choice of Milk
22 Pasta w/ Meatsauce, Breadstick Green Beans *Fresh Veggies Assorted Fruit Choices Chocolate Cookie Dessert Choice of Milk	23 Asian Chicken Brown Rice Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	24 Hot Dog on Bun Sidewinder Fries Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	25 Nachos Grande (Meat, Cheese and Salsa) Refried Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	26 Assorted Pizza Green Leafy Salad Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk
29 NO SCHOOL	30 CHEF'S CHOICE	31 CHEF'S CHOICE	1 NO LUNCH SERVED	 Mirjam Meijer

Additional Daily Choices

#1 Peanut Butter and Jelly (Mon-Wed-Fri)

#2 Chef Salad (Every Day)

#3 YO ON THE GO
 (cereal or cereal bar)
 (Muffin and/or Mini Loaf)
 (Yogurt or String Cheese)
(Tues and Thurs)

Lunches offer 5-component choices:
 Fruit and or Juice
 Assorted Vegetable Choices
 Meat and /or Protein
 Equivalent Bread
 Milk

Ala Carte for Sale
 Trix Yogurt .50
 String Cheese .50
 Healthy Choice Snacks .75
 Water .50