

**\*\*Portion Sizes and number of choices are determined by Grade Level\*\***  
**M.S.= 650Calories**  
**H.S.= 850 Calories**



# Freedom School District Secondary Menu May-June 2017

USDA is an equal opportunity provider and employer

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 Food Service Director  
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Lunch Prices

Lunch HS \$2.50  
 Lunch MS \$2.45  
 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 Two Vegetables,

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


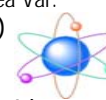

**Fruits: At least 1 fresh fruit available per day**

**Milk Choices: Chocolate, 1% White & Skim**

**Additional Daily Choices**

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

**#2 Yogurt Basket (Tues-Thurs)**

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 Bacon Cheeseburger Oven Fries Steamed Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	4 Totally Tacos(4 each) Salsa/ Refried Beans Steamed Corn *Fresh Veggies Assorted Fruit Choice: Choice of Milk 	5 Pulled Pork Sandwich Oven Fries Steamed Broccoli *Fresh Veggies 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 <b>SCIENCE DAY!!</b> Radioactive Pizza Brascilla Oleracea Var. Italica( Broccoli) Lactuca Sativa (Green Salad) Pyrus Malus( Apple) * Milk/Veggies/Fruit* 	12 <b>NO SCHOOL (ACT-80)</b>
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	18 Walking Taco (Meat, Cheese, Beans) Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	19 Honey Sriracha Nuggets Tater Tots Steamed Broccoli *Fresh Veggies 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 Two Hot Dogs Oven 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 Ham/Cheese Sandwich Pretzel Bun Onion Rings Green Peas *Fresh Veggies Assorted Fruit Choices
29 NO SCHOOL	30 <b>CHEF'S CHOICE</b>	31 <b>CHEF'S CHOICE</b>	1 NO LUNCH SERVED	

**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.

**"THE BULLDOG GRILL"**

**HOT SANDWICH BAR**  
 Options may include :  
 Chicken Patty  
 Chicken Wrap  
 Spicy Chicken Patty  
 Hamburgers  
 Hot Dogs  
 Deli Basket

**"PIZZARIA"**

Options may include:  
 Cheese Pizza  
 Stuffed Crust Pizza  
 Mozzarella Sticks  
**Pizza Served on A Rotation Menu!**

Water for Sale  
 16.9 oz .50  
 All snacks are Healthy Choice!