



# November, 2018

## Middle School Lunch

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

