



Freehold Township Middle School JANUARY 2019

<p>Lunch Prices \$2.80 Reduced .40</p> <p>Menu Subject to Change Foods May Contain Soy, Wheat, Dairy</p>	<p>1</p>	<p>2</p> <p>Mac & Cheese Alfredo w/ Bread Stick Chicken Or Cheese Quesadilla Garden Salad w/ Cheese Italian Sub Sautéed Spinach Broccoli Dippers</p>	<p>3</p> <p>Baked Chicken & Waffles Chili w Toppings & Tortilla Chips Garden Salad w/ Cheese Italian Sub BBQ Baked Beans Cucumber Slices</p>	<p>4</p> <p>Mediterranean Chicken Gyro Grilled Ham & Cheese Pretzel Melt Garden Salad w/ Cheese Italian Sub Steamed Peas Celery Sticks</p>
<p>7</p> <p>Egg & Cheese Bagel Sandwich w/ Sweet Potato Wedges Chicken Nuggets w/ Roll Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Carrot Sticks</p>	<p>8</p> <p><i>Triple Dipper Tuesday</i> Buffalo Chicken Bites, Pretzel Nuggets, French Fries Chicken Pot Pie Bread Bowl Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Chilled Corn</p>	<p>9</p> <p>Rotini Pasta w/ Meat Sauce & Breadstick Chicken Parm Sub Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Steamed Peas Broccoli Dippers</p>	<p>10</p> <p>NO LUNCHES SERVED</p>	<p>11</p> <p>Fish & Chips Basket w/ Coleslaw Philly Cheese Steak Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Steamed Green Beans Celery Sticks</p>
<p>14</p> <p>Cheese Stuffed Bread Stick w/ Tomato Soup Chili Cheese Loaded Tots w/ Bisquit Honey Glazed Carrots Buffalo Chicken Salad Tuna Salad Sub Carrot Sticks</p>	<p>15</p> <p><i>Triple Dipper Tuesday</i> Popcorn Chicken, Breadstick, Potato Wedges Chicken Bacon Ranch Sandwich Buffalo Chicken Salad Tuna Salad Sub Chilled Corn</p>	<p>16</p> <p>NO LUNCHES SERVED</p>	<p>17</p> <p>Twin Tacos w/ Rice Beef & Bean Burrito South West Black Beans Buffalo Chicken Salad Tuna Salad Sub Cucumber Slices</p>	<p>18</p> <p>“Take Out” Sweet & Sour Chicken w/ Rice Grilled Pretzel Melt Buffalo Chicken Salad Tuna Salad Sub Celery Sticks</p>
<p>21</p>	<p>22</p> <p><i>Triple Dipper Tuesday</i> Mozzarella Stick, Mini Corn Dog, Smile Fries Popcorn Chicken w/ Roll Ham & Cheese Hoagie Crispy Chicken Caesar Salad Chilled Corn</p>	<p>23</p> <p>Baked Ziti w/ Garlic Bread Stick Sloppy Joe Sandwich Ham & Cheese Hoagie Crispy Chicken Caesar Salad Sautéed Spinach Broccoli Dippers</p>	<p>24</p> <p>Turkey Carnita Bowl w/ Cilantro Lime Rice Chicken Fajita w/ Topping Ham & Cheese Hoagie Crispy Chicken Caesar Salad Seasoned Beans Cucumber Slices</p>	<p>25</p> <p>Hot Dog Bar Meatball Parm Sub Ham & Cheese Hoagie Crispy Chicken Caesar Salad Steamed Green Beans Celery Sticks</p>
<p>28</p> <p>Chicken Tenders w/ Dinner Roll Grilled Cheese w/ Tomato Soup Italian Sub Chef Salad Cinnamon Sweet Potatoes Carrot Sticks</p>	<p>29</p> <p>NO LUNCHES SERVED</p>	<p>30</p> <p>Spaghetti & Meatballs w/ Dinner Roll BBQ Chicken Cheese Steak Italian Sub Chef Salad Sautéed Spinach Broccoli Dippers</p>	<p>31</p> <p>Chicken & Cheese Taquitos w/ Salsa Build your own Burrito Bowl Vegetarian Refried Beans Italian Sub Chef Salad Cucumber Slices</p>	<p>Sodexo is Hiring Food Service Workers For Details Call 732-462-8400 Ex 8870</p>



**ALL MEALS INCLUDE A TRIP THROUGH
OUR THRIVE GARDEN BAR**
Includes a variety of Salad Greens, Carrot
& Celery Sticks, Corn and Bean Salads
Plus Fresh Fruit and Fruit Cups
Low Fat or Fat Free Milk
included with all meals



GRILL CHOICES
Monday-Wednesday-Friday
Chicken Patty Sandwich
Tuesday-Thursday
Cheeseburger or Hamburger

All sandwiches served on whole wheat buns



EVERYDAY PIZZA CHOICES
Cheese, Pepperoni, Veggie & Daily Specialty Pizzas
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts

We participate in Meatless Monday's and offer a variety of Vegetarian options daily!
We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever! Locally Grown items are offered whenever seasonally available

This institution is an equal opportunity provider