



Freehold Township Middle School FEBRUARY 2019

<p>Lunch Prices \$2.80 Reduced .40</p> <p>Menu Subject to Change Foods May Contain Soy, Wheat, Dairy</p>				<p>1 Buffalo Chicken Flat Bread Corn Dog Chef Salad Italian Sub Steamed Green Beans Celery Sticks</p>
<p>4 Colby Cheese Omelet Pulled Pork Sandwich Chicken Caesar Wrap Garden Salad w/ Cheese, Steamed Carrot Coins Carrot Sticks</p>	<p>5 <i>Triple Dipper Tuesday</i> Chicken Nuggets, Pretzel Nuggets, Tots Cheesy BBQ Pork Loaded Tator Tots w/ Bisquit Garden Salad w/ Cheese Italian Sub Chilled Corn</p>	<p>6 Mac & Cheese Alfredo w/ Bread Stick Chicken Or Cheese Quesadilla Garden Salad w/ Cheese Italian Sub Sautéed Spinach Broccoli Dippers</p>	<p>7 Baked Chicken & Waffles Chili w Toppings & Tortilla Chips Garden Salad w/ Cheese Italian Sub BBQ Baked Beans Cucumber Slices</p>	<p>8 Mediterranean Chicken Gyro Grilled Ham & Cheese Pretzel Melt Garden Salad w/ Cheese Italian Sub Steamed Peas Celery Sticks</p>
<p>11 Egg & Cheese Bagel Sandwich w/ Sweet Potato Wedges Chicken Nuggets w/ Roll Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Carrot Sticks</p>	<p>12 <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>13 Rotini Pasta w/ Meat Sauce & Breadstick Chicken Parm Sub Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Steamed Peas Broccoli Dippers</p>	<p>14 Nacho Supreme Cheesy Enchilada Vegetarian Refried Beans Garden Salad w/ Cheese Italian Sub Cucumber Slices</p>	<p>15 Fish & Chips Basket w/ Coleslaw Philly Cheese Steak Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Steamed Green Beans Celery Sticks</p>
<p>18 </p>	<p>19 <i>Triple Dipper Tuesday</i> Popcorn Chicken, Breadstick, Potato Wedges Chicken Bacon Ranch Sandwich Buffalo Chicken Salad Tuna Salad Sub Chilled Corn</p>	<p>20 Macaroni & Cheese Bar w/ Dinner Roll Hot Buffalo Chicken Wrap Buffalo Chicken Salad Tuna Salad Sub Sautéed Spinach Broccoli Dippers</p>	<p>21 Twin Tacos w/ Rice Beef & Bean Burrito South West Black Beans Buffalo Chicken Salad Tuna Salad Sub Cucumber Slices</p>	<p>22 "Take Out" Sweet & Sour Chicken w/ Rice Grilled Pretzel Melt Buffalo Chicken Salad Tuna Salad Sub Celery Sticks</p>
<p>25 French Toast Sticks w/ Turkey Sausage Build a Burger Bar Sweet Potato Fries Ham & Cheese Hoagie Crispy Chicken Caesar Salad Steamed Carrot Coins Carrot Sticks</p>	<p>26 NO LUNCHES SERVED</p>	<p>27 Baked Ziti w/ Garlic Bread Stick Sloppy Joe Sandwich Ham & Cheese Hoagie Crispy Chicken Caesar Salad Sautéed Spinach Broccoli Dippers</p>	<p>28 Turkey Carnita Bowl w/ Cilantro Lime Rice Chicken Fajita w/ Topping Ham & Cheese Hoagie Crispy Chicken Caesar Salad Seasoned Beans 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