



# AUGUST

2018

## Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		01	02	03	<b>Special News...</b>  <b>Serve Daily:</b> Hamburger on Bun Chicken Patty Spicy Chicken Patty Chicken Nuggets Cheese Pizza Turkey Hot Dogs Grilled Cheese Sandwich Sun-Butter & Jelly Sandwich Nachos  <b>Fridays:</b> Pepperoni Pizza  <b>Mon, Wed, Friday:</b> French Fries  <b>Whole Grain:</b> Dinner Roll Flatbread Slice Bread Soft Baked Pretzel Pasta Rice  <b>Condiments Selection:</b> Ranch Dressing Ketchup Mayonnaise Mustard BBQ Sauce Italian Dressing  <b>Milk Choice:</b> Skim Milk 1% Milk  Menus are subject to change without notice.
06	07	08	09	10	
13	14	15	16	17	
20	21	<b>22</b> <i>Entrée:</i> Chili Cheese Baked Potato Cheese Sandwich Chicken Popcorn Salad <i>Sides:</i> Steamed Green Beans Jicama Sticks Fresh Apple Fresh Watermelon	<b>23</b> <i>Entrée:</i> Turkey Ham Melt Egg Salad Sandwich Mediterranean Hummus & Chicken Topped Salad <i>Sides:</i> Baked Beans Celery Sticks & Carrots Fresh Banana Fresh Pear	<b>24</b> <i>Entrée:</i> Fish Patty Turkey Ham Cheese Sandwich Bean Nacho Salad <i>Sides:</i> Steamed Broccoli Red Pepper Strips Fresh Apple Fresh Watermelon	
<b>27</b> <i>Entrée:</i> Breaded Chicken Parmesan Chicken Caesar Wrap Baja Chicken Salad <i>Sides:</i> Steamed Peas & Carrots Fresh Tomatoes Wedges Fresh Apple Fresh Orange	<b>28</b> <i>Entrée:</i> Chicken Tacos Turkey Ham & Cheese Sandwich Egg Chef Salad <i>Sides:</i> Steamed Corn Fresh Cucumber Fresh Banana Fresh Pear	<b>29</b> <i>Entrée:</i> Jumbo Cheese Ravioli w/ Sauce Turkey Cheese Sandwich Buffalo Chicken Salad <i>Sides:</i> Steamed Sliced Carrots Celery Sticks Fresh Banana Fresh Pears	<b>30</b> <i>Entrée:</i> Turkey Ham Cheese Melt Cheese Wrap Fruit & Cheese Plate <i>Sides:</i> Campfire Chipotle Beans Fresh Baby Carrots Fresh Banana Fresh Pear	<b>31</b> <i>Entrée:</i> Mac & Cheese Pasta Egg Salad Sandwich Chicken Salad Platter <i>Sides:</i> Romaine Salad Red Pepper Strips Fresh Apple Fresh Watermelon	

### 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.

