

# Freehold Township Middle School Menu March 2020



<p>3/2 Deli Bar</p> <p>French Toast Sticks with Turkey Sausage</p> <p>Texas Toast Grilled Cheese with Tomato Soup</p> <p>Steamed Carrots Celery Sticks</p>	<p>3/3</p> <p>Triple Dipper Tuesday Chicken Nuggets, Pretzel Stick, Baked French Fries</p> <p>Pizza Bagel</p> <p>Cucumber Sticks Baked French Fries</p>	<p>3/4</p> <p>Half Day</p>	<p>3/5 Deli Bar</p> <p>Hot Dog Bar</p> <p>Jumbo Raviolis with a Garlic Bread Stick</p> <p>Baked Beans</p>	<p>3/6</p> <p>Baja Fish Tacos</p> <p>Pretzel Cheeseburger</p> <p>Steamed Peas</p> <p>Carrots Sticks</p>
<p>3/9 Deli Bar</p> <p>Hot Ham &amp; Cheese Sliders</p> <p>Veggie Burger Or Cheeseburger</p> <p>Sweet Potatoes Fries Celery Sticks</p>	<p>3/10</p> <p>Triple Dipper Tuesday Popcorn Chicken, Pretzel Stick, Tater Tots</p> <p>Pretzel Melt</p> <p>Cucumber Sticks Tater Tots</p>	<p>3/11 Deli Bar</p> <p>Mozzarella Sticks with Marinara Sauce</p> <p>Cheese Quesadilla Bar</p> <p>Steam Broccoli Broccoli Dippers</p>	<p>3/12</p> <p>Buffalo Drumstick with Dinner Roll</p> <p>Lo Mein Chicken Bowl</p> <p>Sweet Corn Roasted Chickpeas</p>	<p>3/13</p> <p>Baja Fish Tacos</p> <p>Hot Dog Bar</p> <p>Green Bean</p> <p>Carrot Sticks</p>
<p>3/16</p> <p>Breakfast for Lunch Fluffy Pancakes with Turkey Sausage</p> <p>Bacon Cheeseburger</p> <p>Steamed Carrots Celery Sticks</p>	<p>3/17</p> <p>Triple Dipper Tuesday Mozzarella Sticks, Mini Corn Dogs, Baked Fresh Fries</p> <p>Turkey Rueben Baked French Fries Cucumber Sticks</p> <p>Happy St. Patrick's Day!</p>	<p>3/18 Deli Bar</p> <p>Jumbo Cheese Ravioli</p> <p>Chicken Parm</p> <p>Steamed Broccoli Broccoli Dippers</p>	<p>3/19 Deli Bar</p> <p>Nachos with Cheese Sauce and Salsa</p> <p>Chicken Tenders with a Roll</p> <p>Southwestern Beans Cucumber Wheels</p>	<p>3/20</p> <p>Baja Fish Tacos</p> <p>Corn Dog</p> <p>Steamed Peas Carrots Sticks</p>
<p>3/23 Deli Bar</p> <p>Cheese Quesadilla</p> <p>Hot Dog Bar</p> <p>Sweetie Potatoes Fries Celery Sticks</p>	<p>3/24</p> <p>Triple Dipper Tuesday Chicken Nuggets, Pretzel Stick, Baked French Fries</p> <p>Veggie Cheese Fajita</p> <p>Baked French Fries Cucumber Sticks</p>	<p>3/25 Deli Bar</p> <p>Jumbo Raviolis with Garlic Bread Stick</p> <p>Philly Cheesesteak</p> <p>Steamed Broccoli Broccoli Dippers</p>	<p>3/26 Deli Bar</p> <p>Ham and Cheese on Pretzel Melt</p> <p>Mini Corn Dogs</p> <p>Roasted Chickpeas Cucumber wheels</p>	<p>3/27</p> <p>Baja Fish Tacos</p> <p>Texas Toast Grilled Cheese with Tomato Soup</p> <p>Green Beans Carrots Sticks</p>
<p>3/30</p> <p>Mini Raviolis with Garlic Bread Stick</p> <p>Hot Ham &amp; Cheese Sliders Celery Sticks Steamed Carrots</p>	<p>3/31</p> <p>Triple Dipper Tuesday Mozzarella Sticks, Mini Corn Dogs, Baked Fresh Fries</p> <p>Cheese Quesadilla</p> <p>Baked French Fries Cucumber Sticks</p>		<p><b>Lunch Prices</b> <b>\$2.90</b> <b>Reduce .40</b> <b>Menu Subject to Change</b> <b>Food May Contain Soy, Wheat, Dairy</b> <b>Please, write students name and last on the check</b></p>	

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!

This institution is an equal opportunity provider



**EVERYDAY GRAB AND GO CHOICES**

**Sandwiches, Entrée Salads, Fruit & Yogurt Parfaits**

**Sub & Salad of Week 3/2-3/6**

Tuna Salad Sub, Chicken Caesar Salad with a Roll

**Sub & Salad of Week 3/9-3/13**

Turkey Club Sandwich, Garden Salad with a Dinner Roll

**Sub & Salad of Week 3/16-3/20**

Italian Sub, Southern Style Crispy Chicken Salad with a Corn Muffin

**Sub & Salad of Week 3/23-3/27**

Turkey & Cheese Sub, Garden Salad with a Dinner Roll

**Sub & Salad of Week 3/30 & 3/31**

Ham & Cheese Sub & Garden Salad with a Roll

**GRILL CHOICES**

**Monday-Wednesday- Friday**

Veggie Burger, Chicken Patty

**Deli Bar**

**Available Weekly**

Made to order Deli Bar

**Tuesday-Thursday**

Cheeseburger, Hamburger



**EVERYDAY PIZZA CHOICES**

**Cheese, Pepperoni, Veggie & Daily Specialty Pizzas**

*All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts*

**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

*Locally Grown items are offered whenever seasonally available*

Low Fat or Fat Free Milk included with all meals

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