

## Meal Prices

|                   |        |
|-------------------|--------|
| Grades K-6        | \$3.00 |
| Grades 7-12       | \$3.35 |
| Ala Carte/Seconds | \$1.30 |
| Extra Milk        | \$0.40 |
| Adult             | \$3.90 |

# April 2019

## Freeman School District

### Lunch Menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1**

A. Super Mexi Tots  
w/Bread  
B. Pork Rib Sandwich  
C. Turkey & Cheese Sub

Carrots

**2**

A. Cowboy Cavatini  
B. Chicken Sticks  
C. Chicken Fajita Salad

Cinnamon Roll  
Corn

**3**

A. Mac & Cheese  
w/Bread  
B. Mini Corn Dogs  
C. Cold Cut Sub

Green Beans

**4**

A. Tater Tot Hotdish  
w/Bread  
B. Cheeseburger  
C. Turkey & Cheese Wrap

Baked Fries

**5**

No School

**8**

A. Walking Taco  
w/Rice  
B. Hot Dog  
C. Turkey & Cheese Sub

Carrots

**9**

A. Beef & Cheese Burrito  
B. Hot Ham & Cheese  
C. Chef Salad w/Roll

Peas

**10**

A. Nachos Grande  
B. Teriyaki Chicken  
C. Cold Cut Sub

A&B: Rice  
Corn

**11**

A. Meatballs w/Gravy  
B. Chicken Nuggets  
C. Trio Meat Sub

A&B: Bread  
Mashed Potatoes w/Gravy

**12**

A. Turkey & Cheese Flatbread  
B. Stuffed Crust Pizza  
C. Italian Sub

Green Beans

**15**

A. Goulash w/Bread  
B. Cheeseburger  
C. Turkey & Cheese Sub

Carrots

**16**

A. Ham & Scalloped Potatoes  
w/Bread  
B. Taco Fiestada Pizza  
C. Chef Salad w/Bread

Green Beans

**17**

A. Crispy Chicken Drumstick  
w/ Bread  
B. Cold Cut Sub  
Jello  
Coleslaw  
Mashed Potatoes w/ Gravy

Corn

**18**

A. Tavern  
B. Crispy Chicken Sandwich  
C. Trio Meat Sub

Corn

**19**

No School

**22**

No School

**23**

A. Chili w/Corn Chips  
B. Chicken Nuggets  
C. Chicken Fajita Salad

Cinnamon Roll  
Green Beans

**24**

A. Chicken Fajita Burrito  
B. Cheese Pizza  
C. Cold Cut Sub

Corn

**25**

A. Italian Dunkers  
B. Italian Meatball Sub  
C. Turkey & Cheese Wrap

Carrots

**26**

A. Spaghetti w/Meatsauce  
w/Garlic Toast  
B. BBQ Chicken Sandwich  
C. Italian Sub

Peas

**29**

A. Chicken Alfredo  
w/Bread  
B. Cheeseburger  
C. Turkey & Cheese Sub

Broccoli

**30**

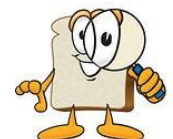
A. Beef Soft Shell Tacos  
B. Crispy Chicken Sandwich  
C. Chef Salad w/ Roll

Peas

**\*Please\***  
remember to take  
at least  
½ cup fruit & or  
veggies for a well  
balance meal

thrive  
NUTRITION SERVICES

**Be a Food Label Detective:**  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat"  
on packages of food like  
bread, cereal, and pasta.

**Breakfast Choices Offered Daily**

Junior & Senior High  
A La Carte is Available

**Daily Lunch Menu Includes**

- Grades k-6<sup>th</sup>: A or B Entrées
- Grades 7<sup>th</sup>-12<sup>th</sup>: A, B, or C Entrées
- Fruit & Vegetable Bar
- Milk Choice