

September 2017

Freedom Eagles Cafe

LUNCH



School Information: LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning. Fresh Fruit or Vegetables are available to all students daily.

USDA and this school are equal opportunity employers

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Good nutrition and healthy lifestyle choices for our students.
Making a difference one bite at a time!



Monday

Tuesday

Wednesday

Thursday

Friday



Alternates:
9/5-9/8: Tuna Salad Sandwich
9/11-9/15: Chicken Salad Sandwich
9/18-9/22: Ham Sandwich
9/25-9/29: Turkey Sandwich




1
Pay for meals on line at
MYSCHOOLBUCKS.COM

4
Labor Day Holiday!

5
Raviolis
Green Beans
WG Dinner Roll
Fruit
*First day of school
Welcome Back!*

6
Chicken Alfredo
Fresh Broccoli
WG Dinner Roll
Fruit

7
Creamy Corn Chowder
Cinnamon Roll
Boiled Egg
Fruit

8
Pizza Party!
WG Cheese Pizza
Fresh Salad
Fruit

11
Blueberry Pancakes
Sausage Patties
Roasted Veggies
Fruit

12
Taco
Salad Bar
Mexican Rice
Fruit
Taco Tuesday

13
Spaghetti with Marinara Sauce
Fresh Salad
Garlic Bread
Fruit

14
Cheese Burgers
Homemade French Fries
Corn on the Cob
Fruit

15
Pizza Party!
WG Pepperoni Pizza
Fresh Salad
Fruit

18
Egg, Ham & Cheese McMuffins
Roasted Veggies
Fruit

19
Chicken Quesadillas
Fiesta Beans
Salad Bar
Fruit

20
American Chop Suey
Green Beans
WG Dinner Roll
Fruit

21
BBQ Chicken
Potato Salad
WG Dinner Roll
Crispy Carrots
Fruit

22
Pizza Party!
WG Cheese Pizza
Fresh Salad
Fruit

25
French Toast
Roasted Veggies
Sausage Patties
Fruit

26
Pulled Pork Sandwich
Macaroni Salad
Pickled Beets
Fruit

27
Chicken Parmesan
Garlic Biscuit
Pickled Beets
Fruit

28
Homestyle Meat Loaf
Mashed Potato
Cheesy Biscuit
Fresh Peas
Fruit

29
Pizza Party!
WG Pepperoni Pizza
Fresh Salad
Fruit