

June 2018

Freedom Eagles

LUNCH



School Information: : LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning. Fresh fruit and or vegetables are served to the students daily.

USDA and this school are equal opportunity employers
Pay for meals on line at 'myschoolbucks.com'



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:
6/4-6/8: Tuna Salad Sandwich
6/11-6/15: Chicken Salad Sandwich
6/18-6/20: Tuna Salad Sandwich



Pizza Party! **1**

WG Cheese Pizza
Fresh Salad
Fruit

4
All School BBQ

5
Mozzarella Cheese St
Homemade Bread
Veggie Bar
Fruit/Milk

6
Chicken Terri Dippe
French Fries
Carrots/Fruit/Milk

7
Shepherds Pie
Fresh Salad
Dinner Roll
Fruit/Milk

Pizza Party! **8**
WG Pepperoni Pizza
Fresh Salad
Fruit

11
Beans and Hot Dog
Corn Bread
Fresh Salad
Fruit/Milk

12
Chicken Stir-Fry
Onions/Peppers
Brown Rice
Fruit/Milk

13
Field Day!

14
Chicken Alfredo
Carrots
WG Roll
Fruit/Milk

Pizza Party! **15**
WG Cheese Pizza
Fresh Salad
Fruit

18
Tuna Salad Sandwich
Veggie Sticks
Fruit/Milk

19
Yogurt Parfait Bar
Homemade Bread
Boiled Egg or Cheese Stick
Fruit/Milk

20
BBQ Chicken
Herbed Rice/Beans
Veggies/Fruit/Milk

21
Cheese Burgers
Macaroni Salad
Veggies/Fruit/Milk
EARLY RELEASE

22
Enjoy your Summer
See you in September!

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