

Freedom Area SD 3rd-8th Lunch Menu April 2025

Director of Food & Nutrition

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Boneless Wings w/ Sliced Bread Creamy Mashed Potatoes Assorted Fruit Choice Choice of Milk	2 Meatball Hoagie Baked French Fries Assorted Fruit Choice Choice of Milk	3 Nacho Grande Seasoned Steamed Golden Corn Assorted Fruit Choice Choice of Milk	4 Cheese Pizza Chicken Patty Steamed Peas Assorted Fruit Choice Choice of Milk
7 Korean Dumplings Steamed Carrots Assorted Fruit Choice Choice of Milk	8 Popcorn Chicken Bowl Creamy Mashed Potatoes and Steamed Corn Assorted Fruit Choice Choice of Milk	9 Cheeseburger Baked French Fries Assorted Fruit Choice Choice of Milk	10 Buffalo Chicken Dippers w/ Sliced Bread Seasoned Steamed Golden Corn Assorted Fruit Choice Choice of Milk	11 Cheese Pizza Chicken Patty Steamed Green Beans Assorted Fruit Choice Choice of Milk
14 Bosco Sticks w/ Marinara Sauce Steamed Peas Assorted Fruit Choice Choice of Milk	15 French Toast Sticks w/ Sausage Patty Crispy Tater Tots Assorted Fruit Choice Choice of Milk	16 No School	17 No School	18 No School
21 No School	22 Corn Dog Nuggets Seasoned Steamed Carrots Assorted Fruit Choice Choice of Milk	23 BBQ Rib Sandwich Baked French Fries Assorted Fruit Choice Choice of Milk	24 Walking Taco w/ Sliced Bread Steamed Golden Corn Assorted Fruit Choice Choice of Milk	25 Cheese Pizza Chicken Patty Steamed Mixed Vegetables Assorted Fruit Choice Choice of Milk
28 Hot Turkey & Cheese on a Pretzel Bun Steamed Broccoli Assorted Fruit Choice Choice of Milk	29 Chicken Nuggets w/ Pretzel and Cheese Sauce Seasoned Steamed Carrots Assorted Fruit Choice Choice of Milk	30 Nashville Honey Hot Chicken Sandwich Baked French Fries Assorted Fruit Choice Choice of Milk	*Look for New Menus on SchoolCafe.com!	

What makes a meal?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

Milk Options

Whole Milk, Strawberry Milk, Chocolate Milk

Fruit & Veggie Options

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

Alternate Menu Options

Monday, Wednesday, Friday:
 PBJs

Tuesday & Thursday:
 Yogurt Baskets

Salads Daily