

Lunch Prices

Lunch K-2 \$2.60
 Lunch 3-8 \$2.60
 Reduced \$.0
 Adult \$3.95
 Milk \$.60

MENU SUBJECT TO CHANGE

Please Choose at least 3 of the 5 items for the school lunch price!
 Entrée, Choice of Two Fruits /to include juice, and/or 2Vegetables,

***Fresh Veggies:** will include AT LEAST one Red/ Orange, one Dark Green and one Other Veggie every day

Fruits: At least 1 fresh fruit available per day

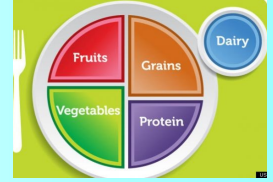
Milk Choices: Chocolate, 1%White and Skim





**Freedom Area School District
 K-8 Menu
 MAY 2024**

USDA is an equal opportunity provider and employer

Randy Walker
 Food Service Director
 walker@freedomarea.org



Additional Fruit & Vegetable Choices May Include:
 Apples, Oranges, Bananas, Pears, Applesauce, Peaches, Fruit Cocktail, Pineapple, Fruit Juices, Tossed Salad, Vegetable Salad, Carrots, Celery, Cucumber, Tomato., Broccoli, Cauliflower.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheeseburger Oven Fries Roasted Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	2 Nachos Grande (Meat, Cheese and Salsa) Refried Beans/ Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	3 Stuffed Crust Pizza Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
6 Breaded Ravioli Bosco Stick Marinara Sauce Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	7 Chicken Tenders Mashed Pot/ Gravy Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	8 Mini Corn Dogs Tater Tots Green Beans *Fresh Veggies Assorted Fruit/Milk LUCKY TRAY DAY!!	9 Asian Chicken Seasoned Brown Rice Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	10 NO SCHOOL
13 Italian Dunkers Marinara Sauce Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	14 Chicken Nuggets Cheese Sauce Hot Pretzel Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	15 Pulled Pork Sand (Ribbie K-2) Oven Fries Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	16 Walking Taco (Meat, Cheese and Salsa) Refried Beans/ Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	17 Big Daddy Pizza Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit/Milk NO SCHOOL MS
20 Waffles Sausage Patty Potato Triangles Fresh Fruit Juice Box Choice of Milk	21 Chicken Patty Sand Oven Fries Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	22 Hot Dog Mac N Cheese Baked Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	23 Beef Dipper/Roll Mashed Pot/ Gravy Steamed Carrots *Fresh Veggies Assorted Fruit Choice of Milk	24 Pizza Boat Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
27  <i>Memorial Day</i>	28 Chicken Nuggets Cheese Sauce Hot Pretzel Green Beans *Fresh Veggies Assorted Fruit Choices	29 Cheeseburger Oven Fries Roasted Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	30 Nachos Grande (Meat, Cheese and Salsa) Refried Beans/ Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	31 Stuffed Crust Pizza Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk

Additional Daily Choices

#1 Peanut Butter and Jelly (Mon-Wed-Fri)

#2 Chef Salad (3-8) (Every Day)

#3 YO ON THE GO
 (cereal or cereal bar)
 (Muffin and/or Mini Loaf)
 (Yogurt or String Cheese)
(Tues and Thurs)

Lunches offers 5-component choices:
 Fruit and or Juice
 Assorted Vegetable Choices
 Meat and /or Protein
 Equivalent Bread
 Milk

Ala Carte for Sale
 Trix Yogurt .50
 String Cheese .50
 Healthy Choice Snacks .75
 Water .50

“Little D”
 Meet our new Nutrition



Mascot “Little D”
 The five food group **DRAGON!**
 dairyspot.com