

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

Director of Food & Nutrition

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Look for New Menus on SchoolCafe.com!</p>			<p>1</p> <p>Chicken & Gravy Over Biscuit</p> <p>Steamed Mixed Vegetables Assorted Fruit Choice Choice of Milk</p>	<p>2</p> <p>Cheese Pizza Chicken Patty</p> <p>Steamed Peas Assorted Fruit Choice Choice of Milk</p>
<p>5</p> <p>Korean Dumplings</p> <p>Steamed Carrots Assorted Fruit Choice Choice of Milk</p>	<p>6</p> <p>Boneless Wings w/ Sliced Bread</p> <p>Creamy Mashed Potatoes Assorted Fruit Choice Choice of Milk</p>	<p>7</p> <p>Meatball Hoagie</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>8</p> <p>Nacho Grande w/ Slice of Bread</p> <p>Seasoned Steamed Golden Corn Assorted Fruit Choice Choice of Milk</p>	<p>9</p> <p>No School!</p>
<p>12</p> <p>Bosco Sticks w/ Marinara Sauce</p> <p>Steamed Mixed Vegetables Assorted Fruit Choice Choice of Milk</p>	<p>13</p> <p>Macaroni & Cheese w/ Garlic Toast</p> <p>Seasoned Steamed Peas Assorted Fruit Choice Choice of Milk</p>	<p>14</p> <p>Cheeseburger</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>15</p> <p>Buffalo Chicken Dippers w/ Sliced Bread</p> <p>Seasoned Steamed Golden Corn Assorted Fruit Choice Choice of Milk</p>	<p>16 NO SCHOOL 5th-8th</p> <p>Cheese Pizza or Chicken Patty</p> <p>Steamed Green Beans Assorted Fruit Choice Choice of Milk</p>
<p>19</p> <p>Hot Turkey & Cheese on a Pretzel Bun</p> <p>Steamed Carrots Assorted Fruit Choice Choice of Milk</p>	<p>20</p> <p>Popcorn Chicken Bowl w/ Dinner Roll</p> <p>Creamy Mashed Potatoes & Steamed Corn Assorted Fruit Choice Choice of Milk</p>	<p>21</p> <p>BBQ Rib Sandwich</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>22</p> <p>Walking Taco w/ Sliced Bread</p> <p>Steamed Golden Corn Assorted Fruit Choice Choice of Milk</p>	<p>23</p> <p>Cheese Pizza Chicken Patty</p> <p>Steamed Mixed Vegetables Assorted Fruit Choice Choice of Milk</p>
<p>26</p> <p>No School!</p>	<p>27</p> <p>Chicken Nuggets w/ Pretzel and Cheese Sauce</p> <p>Seasoned Steamed Carrots Assorted Fruit Choice Choice of Milk</p>	<p>28</p> <p>Pulled Pork Loaded Tater Tots</p> <p>Assorted Vegetable Choice Assorted Fruit Choice Choice of Milk</p>	<p>29</p> <p>Corn Dog Nuggets</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>30</p> <p>Cheese Pizza Chicken Patty</p> <p>Steamed Mixed Vegetables Assorted Fruit Choice Choice of Milk</p>

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

The School does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

