

Freedom Area SD 9th-12th 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>Seasoned Pork Chop</p> <p>Creamy Mashed Potatoes Assorted Fruit Choice Choice of Milk</p>	<p>2</p> <p>Bosco Sticks w/ Dipping Sauce</p> <p>Steamed Broccoli Assorted Fruit Choice Choice of Milk</p>
<p>5</p> <p>Nacho Grande</p> <p>Steamed Seasoned Corn Assorted Fruit Choice Choice of Milk</p>	<p>6</p> <p>Roasted Turkey Over Mashed Potatoes</p> <p>Steamed Mixed Vegetables Assorted Fruit Choice Choice of Milk</p>	<p>7</p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>8</p> <p>Bacon Cheeseburger</p> <p>Seasoned Steamed Peas Assorted Fruit Choice Choice of Milk</p>	<p>9</p> <p>No School!</p>
<p>12</p> <p>Pasta & Meatballs w/ Garlic Breadstick</p> <p>Steamed Green Beans Assorted Fruit Choice Choice of Milk</p>	<p>13</p> <p>French Toast Sticks w/ Sausage Patties</p> <p>Crispy Tater Tots Assorted Fruit Choice Choice of Milk</p>	<p>14</p> <p>Corn Dog Nuggets</p> <p>Steamed Peas Assorted Fruit Choice Choice of Milk</p>	<p>15</p> <p>Walking Taco w/ Beef & Cheese</p> <p>Seasoned Steamed Corn Assorted Fruit Choice Choice of Milk</p>	<p>16</p> <p>No School for HS students</p>
<p>19</p> <p>Turkey & Cheese on a Pretzel Bun</p> <p>Steamed Seasoned Vegetable Assorted Fruit Choice Choice of Milk</p>	<p>20</p> <p>Chicken Nuggets w/ Pretzel & Cheese Sauce</p> <p>Steamed Seasoned Vegetable Assorted Fruit Choice Choice of Milk</p>	<p>21</p> <p>Meatball Hoagie</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>22</p> <p>Chicken & Waffles</p> <p>Crispy Tater Tots Assorted Fruit Choice Choice of Milk</p>	<p>23</p> <p>Chicken & Broccoli Alfredo</p> <p>Assorted Vegetable Choice Assorted Fruit Choice Choice of Milk</p>
<p>26</p> <p>No School!</p>	<p>27</p> <p>Salisbury Steak & Butter Noodles</p> <p>Steamed Seasoned Vegetable Assorted Fruit Choice Choice of Milk</p>	<p>28</p> <p>Bacon Cheeseburger</p> <p>Baked French Fries Assorted Fruit Choice Choice of Milk</p>	<p>29</p> <p>Buffalo Chicken Dippers</p> <p>Steamed Seasoned Vegetable Assorted Fruit Choice Choice of Milk</p>	<p>30</p> <p>Pierogies w/ Dinner Roll</p> <p>Steamed Seasoned Vegetable 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, Chicken & Fries, Pizza served 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

