

Lunch Prices

Lunch \$2.35
 Reduced \$.40
 Adult \$3.85
 Milk \$.55

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

Mascot
 "Little D"
 The five food group DRAGON!
dairyspot.com



"Little D"
 Meet our new Nutrition Mascot

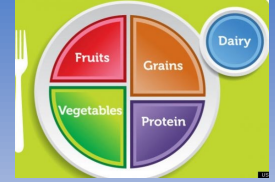


**Freedom Area School District
 Elementary Menu
 January 2017**







USDA is an equal opportunity provider and employer

**Randy Walker
 Food Service Director**



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
2 NO SCHOOL 	3 Popcorn Chicken WG Roll Oven Fries Steamed Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	4 Hamburger/ WG Bun Mac n Cheese Steamed Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	5 Walking Taco (Meat, Cheese, Beans) Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	6 Big Daddy Pizza Green Leafy Salad *Fresh Veggies Steamed Broccoli Assorted Fruit Choices Choice of Milk
9 Grilled Cheese Sandwich Tomato Soup Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	10 Chicken Tenders Mashed Potatoes/Roll Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	11 Mini Corn Dogs Oven Fries Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk LUCKY TRAY DAY!!	12 Nachos Grande (Meat, Cheese and Salsa) Refried Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	13 Stuffed Crust Pizza Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
16 NO SCHOOL 	17 Asian Chicken Brown Rice Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	18 W/G Belgian Waffles Sausage Patty Potato Triangles Fresh Fruit Banana/Blue Raspberry Juice Choice of Milk	19 Walking Taco (Meat, Cheese, Beans) Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	20 Chicken Patty Sandwich Oven Potatoes Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk
23 Bosco Sticks Marinara Sauce Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	24 Chicken Nuggets Cheese Sauce/ Hot Pretzel Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	25 Cheeseburger Oven Fries Green Beans **Fresh Veggies Assorted Fruit Choices Choice of Milk	26 Nachos Grande (Meat, Cheese and Salsa) Refried Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	27 Big Daddy Pizza Green Leafy Salad *Fresh Veggies Steamed Broccoli Assorted Fruit Choices Choice of Milk
30 Pasta w/ Meatballs, Breadstick Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	31 Diced Chicken w/ Gravy Mashed Potatoes/Roll Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk			

Additional Daily Choices

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

#2 Chef Salad (Every Day)

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

Lunches offer 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