

Full Student Meal is \$3.00 Reduced is \$0.40 Extra Milk \$0.40

## Freedom Middle & High School: November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>(1) Orange Chicken w/ Egg Roll &amp; Fried Rice</p> <p>(2) Cheeseburger</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Assorted Fruits and Vegetables</p>	<p>4</p> <p>(1) Chicken Alfredo w/ Garlic Bread</p> <p>(2) Chicken Tenders</p> <p>(3) Cheese &amp; Pepperoni Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>5</p> <p>(1) French Toast Sticks &amp; Sausage Patty</p> <p>(2) BBQ Pork Sandwich</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>6</p> <p>(1) Chicken Soft Tacos</p> <p>(2) Spicy Chicken Sandwich</p> <p>(2) Cheese &amp; Pepperoni Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>7</p> <p>(1) Popcorn Chicken w/ Mashed Potatoes</p> <p>(2) Pizza Dippers</p> <p>(3) Cheese &amp; Pepperoni</p> <p>Assorted Fruits and Vegetables</p>
<p>10</p> <p>(1) Chicken Nuggets w/ Soft Pretzel Bites</p> <p>(2) Cheeseburger</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Assorted Fruits and Vegetables</p>	<p>11</p> <p>(1) Tomato Soup &amp; Grilled Cheese</p> <p>(2) Chicken Tenders</p> <p>(3) Cheese &amp; Pepperoni Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>12</p> <p>(1) French Toast Bake w/ Sausage Links</p> <p>(2) BBQ Pork Sandwich</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>13</p> <p>(1) Chicken Quesadilla</p> <p>(2) Breaded Chicken Sandwich</p> <p>(3) Cheese &amp; Pepperoni</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>14</p> <p>(1) Roasted Turkey w/ Mashed Potatoes</p> <p>(2) Pizza Dippers</p> <p>(3) Cheese &amp; Pepperoni</p> <p>Assorted Fruits and Vegetables</p>
<p>17</p> <p>(1) Teriyaki Chicken w/ Egg Roll &amp; Fried Rice</p> <p>(2) Cheeseburger</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Assorted Fruits and Vegetables</p>	<p>18</p> <p>(1) BBQ Rib Flatbread</p> <p>(2) Chicken Tenders</p> <p>(3) Cheese &amp; Pepperoni Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>19</p> <p>(1) Chicken &amp; Waffles</p> <p>(2) BBQ Pork Sandwich</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>20</p> <p>(1) Beef &amp; Cheese Nachos</p> <p>(2) Spicy Chicken Sandwich</p> <p>(3) Cheese &amp; Pepperoni</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>21</p> <p>(1) Popcorn Chicken w/ Mashed Potatoes</p> <p>(2) Pizza Dippers</p> <p>(3) Cheese &amp; Pepperoni</p> <p>Assorted Fruits and Vegetables</p>
<p>24</p> <p>(1) Boneless Chicken Wings</p> <p>(2) Cheeseburger</p> <p>(3) Cheese &amp; Sausage Pizza</p> <p>Assorted Fruits and Vegetables</p>	<p>25</p> <p>(1) Spaghetti &amp; Meatballs w Garlic Bread</p> <p>(2) Chicken Tenders</p> <p>(3) Cheese &amp; Pepperoni Pizza</p> <p>Homemade Chicken Wrap</p> <p>Assorted Fruits and Vegetables</p>	<p>26</p> <p>No School - Thanksgiving Break</p>	<p>27</p> <p>No School - Thanksgiving Break</p>	<p>28</p> <p>No School - Thanksgiving Break</p>

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include skim white, 1% white and non-fat chocolate. Menu subject to change. Please contact Logan Wilson, Director of Dining Services 284-5570. This institution is an equal opportunity provider.