

Freedom Middle & High School: October Lunch Menu

			1 Beef & Cheese Nachos (2) Breaded Chicken Sandwich (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables	2 (1) Chicken Nuggets w/ Potato Wedges (2) Pizza Dunkers (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables
5 (1) Orange Chicken w/ Egg Roll & Fried Rice (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	6 (1) Tomato Soup & Grilled Cheese (2) Chicken Tenders (3) Cheese & Pepperoni Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	7 (1) French Toast & Sausage (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	8 (1) Chicken Soft Tacos (2) Spicy Chicken Sandwich (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables	9 (1) Popcorn Chicken Bowl (2) Pizza Dunkers (3) Cheese & Pepperoni Assorted Fruits and Vegetables
12 (1) Chicken Nuggets w/ Soft Pretzel Bites (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	13 (1) Chicken Alfredo w/ Garlic Bread (2) Spicy Chicken Tenders (3) Cheese & Pepperoni Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	14 (1) Baked Potato Bar (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	15 (1) Chicken Quesadilla (2) Breaded Chicken Sandwich (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables	16 No School
19 (1) Boneless Chicken Wings (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	20 (1) Spaghetti & Meatballs (2) Chicken Tenders (3) Cheese & Pepperoni Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	21 (1) BBQ Rib Flatbread (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	22 (1) Beef & Cheese Tacos (2) Spicy Chicken Sandwich (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables	23 (1) Meatball Sub (2) Pizza Dunkers (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables
26 (1) Teriyaki Chicken w/ Egg Roll & Fried Rice (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	27 (1) Mini Corn Dogs (2) Spicy Chicken Tenders (3) Cheese & Pepperoni Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	28 (1) Chicken & Waffles (2) Cheeseburger (3) Cheese & Sausage Pizza Homemade Chicken Wrap Assorted Fruits and Vegetables	29 Beef & Cheese Nachos (2) Breaded Chicken Sandwich (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables	30 (1) Popcorn Chicken Bowl (2) Pizza Dunkers (3) Cheese & Pepperoni Homemade Chicken Wrap Assorted Fruits and Vegetables

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. This institution is an equal opportunity provider.