

# Freire Lunch Menu

*Plain and Chocolate milk is served with each meal.*

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <b>24</b><br>Chicken Breast Sandwich w/<br>Cheese<br>Smiley Fries, Glazed Carrots<br><br>Fresh Fruit: Whole Apples | <b>25</b><br>General Tso's Chicken<br>Fried Rice, Broccoli & Carrots<br><br>Fresh Fruit:<br>Clementine Oranges           | <b>26</b><br>All Beef Hotdogs<br>Baked Beans, Collard Greens,<br><br>Fresh Fruit: Watermelon Chunks            | <b>27</b><br>Personal Pan Pizza<br>Cucumber Slices, Baby Carrots<br><br>Fresh Fruit:<br>Apple Slices               | <b>28</b><br>BBQ Chicken<br>Mashed Potatoes, Green Beans<br><br>Fresh Fruit: Chef's Choice                              |
| <b>31</b><br>Fried Chicken Leg,<br>Roasted Potatoes, Green Beans<br><br>Fresh Fruit: Whole Pears                   | <b>1</b><br>Cheeseburgers<br>Sweet Potato Tots, Baked Beans,<br><br>Fresh Fruit: Orange Wedges                           | <b>12</b><br>Chicken Tenders<br>Broccoli, Tater Tots<br><br>Fresh Fruit: Pineapple Chunks                      | <b>13</b><br>Calzone w/<br>Cucumber Slices, Baby Carrots<br><br>Fresh Fruit: Apple Slices                          | <b>14</b><br>Orange Chicken,<br>Brown Rice, Broccoli & Carrots<br><br>Fresh Fruit: Chef's Choice                        |
| <b>7</b><br>Chicken Nachos w/<br>Black beans & corn<br><br>Fresh Fruit: Whole Apples                               | <b>8</b><br>Meatball Subs<br>Baby Carrots, Cucumber Slices, Cool<br>Ranch Doritos<br><br>Fresh Fruit: Clementine Oranges | <b>9</b><br>Chicken Tenders<br>Glazed Carrots, Tater Tots<br><br>Fresh Fruit: Cantaloupe Chunks                | <b>10</b><br>Stuffed Shells w/ Garlic Knots,<br>Broccoli, Peas<br><br>Fresh Fruit: Apple Slices                    | <b>11</b><br>Cheeseburgers<br>Sweet Potato Fries, Green<br>Beans<br>Fresh Fruit: Chef's Choice                          |
| <b>14</b><br>Pizza<br>Baby Carrots & Cucumber Slices<br><br>Fresh Fruit: Whole Pears                               | <b>15</b><br>Baked Chicken w/ Wheat Dinner<br>roll Mashed Sweet Potatoes & Peas<br><br>Fresh Fruit: Orange Wedges        | <b>16</b><br>BBQ Wings W/ Wheat Dinner roll<br>Baked Beans, Collard Greens<br><br>Fresh Fruit: Honeydew Chunks | <b>17</b><br>Cheese Steak<br>Green Beans, Tatar Tots<br><br>Fresh Fruit: Apple Slices                              | <b>18</b><br>3 Cheese Lasagna w/ Garlic<br>Knots<br>Broccoli, Roasted Butternut<br>Squash<br>Fresh Fruit: Chef's Choice |
| <b>21</b><br>General Tso's Chicken<br>Fried Rice, Broccoli & Carrots<br><br>Fresh Fruit: Whole Apples              | <b>22</b><br>Spicy Chicken Sandwich<br>Sweet Potato Tots & Green Beans<br><br>Fresh Fruit: Clementine Oranges            | <b>23</b><br>Beef Nachos<br>Black beans & corn<br><br>Fresh Fruit: Grapes                                      | <b>24</b><br>BBQ Chicken W Wheat Dinner<br>roll Mashed Potatoes & Sauteed<br>Zucchini<br>Fresh Fruit: Apple Slices | <b>25</b><br>Chicken Tenders<br>Galzed Carrots & Tatar Tots<br><br>Fresh Fruit:<br>Chef's Choice                        |
| <b>28</b><br>Chicken & Waffles<br>Sweet Potato Tots , Cucumber<br>Slices<br>Fresh Fruit: Whole Pears               | <b>29</b><br>Pizza w/ Turkey Pepperoni<br>Baby Carrots & Tatar Tots<br><br>Fresh Fruit: Orange Wedges                    | <b>30</b><br>Mac & Cheese w/ Broccoli<br>With Orange Drink<br><br>Fresh Fruit: Fruit Medley                    | <b>1</b><br>All Beef Hot Dogs<br>Baked Beans & Baked Fries<br><br>Fresh Fruit: Apple Slices                        | <b>2</b><br>Orange Chicken,<br>Brown Rice, Broccoli & Carrots<br><br>Fresh Fruit: Chef's Choice                         |

