

Freedom Crossing Academy Menu 2018-2019: Jan/ Feb Elementary Lunch- \$2.80, (MS) Lunch- \$2.95, Milk .60c

In order for the meal to qualify as a "School Lunch" food item choices must have a fruit or vegetable component! Middle School (MS) has a 4th Entrée' option.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Macaroni & Cheese / WG Roll BBQ Chicken Max Snax Chicken Nuggets / WG Roll (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Sweet Potato Fries Diced Pears Choice of Milk/ Dipping Sauces</p>	<p>8 Mini Corn Dogs Nacho Little Bites Cheese Ravioli / Garlic Toast (MS) Popcorn Chicken</p> <p>Sweet Kernel Corn Steamed Broccoli Carrot Bites/ Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>9 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Garden Green Peas Apple Slices Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>10 Cheeseburger Chicken Patty on a Bun Chicken Nuggets w/ Garlic Toast (MS) Spicy Chicken Sandwich</p> <p>Seasoned Potato Fries Oranges Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>11 Hot Dog on a Bun Max Cheese Sticks & Marinara Chicken Nuggets / WG Roll (MS) French Bread Pizza</p> <p>Baked Brown Beans Fruit Cocktail Carrot Bites-Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>
<p>14 Chicken Quesadilla Max Max Cheese Sticks & Marinara Chicken Nuggets /Garlic Toast (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Carrot Bites- Cucumbers-Celery-Red Pepper Broccoli Dippers / Applesauce Choice of Milk/ Dipping Sauces</p>	<p>15 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich</p> <p>Baked Brown Beans Steamed Broccoli Carrot Bites/ Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>16 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Sweet Kernel Corn Apple Slices Carrot Bites- Cucumber- Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>17 Pasta & Meatballs /Garlic Toast Hot Dog on a Bun Chicken Nuggets / Garlic Toast (MS) Popcorn Chicken</p> <p>Sweet Potato Sliced Pears Carrot Bites, Cucumber- Red Pepper, Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>18 BBQ Chicken / Garlic Toast Cheeseburger Mini Corn Dogs (MS) French Bread Pizza</p> <p>Seasoned Potato Fries Fruit Cocktail Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>
<p>21 Martin Luther King Day</p> <p align="center">No School</p>	<p>22 Mini Corn Dogs Nacho Little Bites Cheese Ravioli / Garlic Toast (MS) Popcorn Chicken</p> <p>Sweet Kernel Corn Steamed Broccoli Carrot Bites/ Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>23 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Garden Green Peas Apple Slices Carrot Bites- Cucumber- Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>24 Cheeseburger Chicken Patty on a Bun Chicken Nuggets w/ Garlic Toast (MS) Spicy Chicken Sandwich</p> <p>Seasoned Potato Fries Oranges Carrot Bites- Cucumber- Red Pepper, Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>25 Hot Dog on a Bun Max Cheese Sticks & Marinara Chicken Nuggets / WG Roll (MS) French Bread Pizza</p> <p>Baked Brown Beans Fruit Cocktail Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>
<p>28 Chicken Quesadilla Max Max Cheese Sticks & Marinara Chicken Nuggets /Garlic Toast (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Carrot Bites- Cucumbers-Celery-Red Pepper Broccoli Dippers / Applesauce Choice of Milk/ Dipping Sauces</p>	<p>29 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich</p> <p>Baked Brown Beans Steamed Broccoli Carrot Bites/ Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>30 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Sweet Kernel Corn Apple Slices Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>31 Pasta & Meatballs /Garlic Toast Hot Dog on a Bun Chicken Nuggets / Garlic Toast (MS) Popcorn Chicken</p> <p>Sweet Potato sliced Pears Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>Feb 1st BBQ Chicken / Garlic Toast Cheeseburger Mini Corn Dogs (MS) French Bread Pizza</p> <p>Seasoned Potato Fries Fruit Cocktail Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>
<p>4 Macaroni & Cheese / WG Roll BBQ Chicken Max Snax Chicken Nuggets / WG Roll (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Carrot- Cucumbers-Celery-Red Pepper Broccoli Dippers / Applesauce Choice of Milk/ Dipping Sauces</p>	<p>5 Mini Corn Dogs Nacho Little Bites Cheese Ravioli / Garlic Toast (MS) Popcorn Chicken</p> <p>Sweet Kernel Corn Steamed Broccoli Carrot Bites/ Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>6 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Garden Green Peas Apple Slices Carrot Bites- Cucumber- Red Pepper, Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>7 Cheeseburger Chicken Patty on a Bun Chicken Nuggets w/ Garlic Toast (MS) Spicy Chicken Sandwich</p> <p>Seasoned Potato Fries Oranges Carrot Bites- Cucumber- Red Pepper, Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>8 Hot Dog on a Bun Max Cheese Sticks & Marinara Chicken Nuggets / WG Roll (MS) French Bread Pizza</p> <p>Baked Brown Beans Fruit Cocktail Carrot Bites- Cucumber- Red Pepper- Broccoli Floret- Celery Dippers Choice of Milk/ Dipping Sauces</p>

*****Other Entrée choices include a Mixed Greens **Chef Salad** : ***Not Available until recall has been lifted **TBA

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