

Freedom Crossing Academy Menu 2019 * August/Sept Breakfast -\$1.25, 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. schoolpay.com is the recommended payment method for breakfast & lunch!!!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12 Cheese & Chicken Quesadilla Chicken Nuggets /Garlic Toast Boxed Lunch-Yogurt/Crackers (MS) Popcorn Chicken</p> <p>Sweet Potato Fries Steamed Broccoli Applesauce Choice of Milk/ Dipping Sauces</p>	<p>13 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich</p> <p>Baked Brown Beans Fruit Cocktail Cup Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>14 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Sweet Kernel Corn Fresh Veggie Dippers Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>15 Pasta & Meatballs /Garlic Toast Hot Dog on a Bun Mozzarella Breadstick w/ Marinara (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Fresh Salad Greens Fresh Apple Slices Choice of Milk/ Dipping Sauces</p>	<p>16 BBQ Chicken w/ Garlic Toast Cheeseburger Garden Salad Shaker (MS) French Bread Pizza</p> <p>Seasoned Potato Fries Fresh Salad Greens Orange Smiles Choice of Milk/ Dipping Sauces</p>
<p>19 Macaroni & Cheese / WG Roll Chicken Nuggets / WG Roll (MS) Popcorn Chicken</p> <p>Steamed Broccoli Sweet Potato Fries Applesauce Cup Choice of Milk/ Dipping Sauces</p>	<p>20 Mini Corn Dogs Nacho Little Bites Chicken Patty on a Bun (MS) Popcorn Chicken</p> <p>Sweet Kernel Corn Sliced Peaches Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>21 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Baby Sweet Peas Fresh Apple Slices Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>22 Cheeseburger Cheese Ravioli / Garlic bread BBQ Max Snax (MS) Spicy Chicken Sandwich</p> <p>Seasoned Potato Fries Carrot Veggie Dippers Fruit Salad Choice of Milk/ Dipping Sauces</p>	<p>23 Hot Dog on a Bun Mozzarella Breadstick w/ Marinara (MS) French Bread Pizza</p> <p>Baked Brown Beans Steamed Broccoli Fresh Carrot Veggie Dippers Orange Smiles Choice of Milk/ Dipping Sauces</p>
<p>26 Cheese & Chicken Quesadilla Chicken Nuggets /Garlic Toast Boxed Lunch-Yogurt/Crackers (MS) Popcorn Chicken</p> <p>Sweet Potato Fries Steamed Broccoli Applesauce Choice of Milk/ Dipping Sauces</p>	<p>27 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich</p> <p>Baked Brown Beans Fruit Cocktail Cup Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>28 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Sweet Kernel Corn Fresh Veggie Dippers Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>29 Pasta & Meatballs /Garlic Toast Hot Dog on a Bun Mozzarella Breadstick w/ Marinara (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Fresh Salad Greens Fresh Apple Slices Choice of Milk/ Dipping Sauces</p>	<p>30 BBQ Chicken w/ Garlic Toast Cheeseburger Garden Salad Shaker (MS) French Bread Pizza</p> <p>Seasoned Potato Fries Fresh Salad Greens Orange Smiles Choice of Milk/ Dipping Sauces</p>
<p>Sept 2 Labor Day</p>  <p>No School</p>	<p>3 Mini Corn Dogs Nacho Little Bites Chicken Patty on a Bun (MS) Popcorn Chicken</p> <p>Sweet Kernel Corn Sliced Peaches Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>4 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Baby Sweet Peas Fresh Apple Slices Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>5 Cheeseburger Cheese Ravioli / Garlic bread BBQ Max Snax (MS) Spicy Chicken Sandwich</p> <p>Seasoned Potato Fries Carrot Veggie Dippers Fruit Salad Choice of Milk/ Dipping Sauces</p>	<p>6 Hot Dog on a Bun Mozzarella Breadstick w/ Marinara (MS) French Bread Pizza</p> <p>Baked Brown Beans Steamed Broccoli Fresh Carrot Veggie Dippers Orange Smiles Choice of Milk/ Dipping Sauces</p>
<p>9 Cheese & Chicken Quesadilla Chicken Nuggets /Garlic Toast Boxed Lunch-Yogurt/Crackers (MS) Popcorn Chicken</p> <p>Sweet Potato Fries Steamed Broccoli Applesauce Choice of Milk/ Dipping Sauces</p>	<p>10 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich</p> <p>Baked Brown Beans Fruit Cocktail Cup Fresh Veggie Dippers Choice of Milk/ Dipping Sauces</p>	<p>11 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Big Daddy Pizza</p> <p>Sweet Kernel Corn Fresh Veggie Dippers Sliced Peaches Choice of Milk/ Dipping Sauces</p>	<p>12 Pasta & Meatballs /Garlic Toast Hot Dog on a Bun Mozzarella Breadstick w/ Marinara (MS) Popcorn Chicken</p> <p>Seasoned Green Beans Fresh Salad Greens Fresh Apple Slices Choice of Milk/ Dipping Sauces</p>	<p>13 BBQ Chicken w/ Garlic Toast Cheeseburger Garden Salad Shaker (MS) French Bread Pizza</p> <p>Seasoned Potato Fries Fresh Salad Greens Orange Smiles Choice of Milk/ Dipping Sauces</p>

***** Mixed Greens **Chef Salad Shaker** may be ordered as “Vegetarian” option every day.

St Johns County Schools is an equal opportunity employer.