

**Freedom Crossing Academy Menu 2018-2019: 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 4<sup>th</sup> Entrée' option.

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Freedom Crossing Academy Administration recommends you use the <a href="http://paypams.com">paypams.com</a> system for keeping track of purchases. Please call Chef Damiano for any <u>Diet /Allergy</u> concerns # 547- 4244</p>	<p>Go to <a href="http://paypams.com">Paypams.com</a> to up-load Lunch funds! Checks must have a phone number. Students may borrow one time for a school meal!</p>	<p>District Wide Open House 8am- 12:00 Go to <a href="http://paypams.com">Paypams.com</a> to up-load Lunch funds! Checks must have a phone number</p>	<p>10 Hot Dog on a Bun Max Cheese Sticks &amp; Marinara Chicken Nuggets / WG Roll (MS) French Bread Pizza  Baked Brown Beans Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Celery, Red Pepper Dippers Choice of Milk/ Dipping Sauces</p>
<p>13 Chicken Quesadilla Max Max Cheese Sticks &amp; Marinara Chicken Nuggets /Garlic Toast (MS) Popcorn Chicken Meal  Steamed Broccoli Florets Seasoned Green Beans Carrot Bite Dippers/Assorted Fruit Choice of Milk/ Dipping Sauces</p>	<p>14 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich  Baked Brown Beans Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>15 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Deep Dish Pizza Round  Sweet Kernel Corn Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>16 Pasta &amp; Meatballs /Garlic Toast Hot Dog on a Bun Chicken Nuggets / Garlic Toast (MS) Popcorn Chicken Meal  Sweet Potato Tots Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>17 BBQ Chicken / Garlic Toast Cheeseburger Mini Corn Dogs (MS) French Bread Pizza  Seasoned Potato Fries Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>
<p>20 Macaroni &amp; Cheese / WG Roll BBQ Chicken Max Snax Chicken Nuggets / WG Roll (MS) Popcorn Chicken Meal  Steamed Broccoli Florets Seasoned Green Beans Carrot Bite Dippers/Assorted Fruit Choice of Milk/ Dipping Sauce</p>	<p>21 Mini Corn Dogs Nacho Little Bites Cheese Ravioli / Garlic Toast (MS) Popcorn Chicken Meal  Sweet Kernel Corn Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>22 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Deep Dish Pizza Round  Garden Green Peas Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>23 Cheeseburger Chicken Patty on a Bun Chicken Nuggets w/ Garlic Toast (MS) Spicy Chicken Sandwich  Seasoned Potato Fries Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>24 Hot Dog on a Bun Max Cheese Sticks &amp; Marinara Chicken Nuggets / WG Roll (MS) French Bread Pizza  Baked Brown Beans Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Celery, Red Pepper Dippers Choice of Milk/ Dipping Sauces</p>
<p>27 Chicken Quesadilla Max Max Cheese Sticks &amp; Marinara Chicken Nuggets /Garlic Toast (MS) Popcorn Chicken Meal  Steamed Broccoli Florets Seasoned Green Beans Carrot Bite Dippers/Assorted Fruit Choice of Milk/ Dipping Sauces</p>	<p>28 Cheese Calzonette / Marinara Sauce Chicken Patty on a Bun Mini Corn Dogs (MS) Spicy Chicken Sandwich  Baked Brown Beans Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>29 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Deep Dish Pizza Round  Sweet Kernel Corn Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>30 Pasta &amp; Meatballs /Garlic Toast Hot Dog on a Bun Chicken Nuggets / Garlic Toast (MS) Popcorn Chicken Meal  Sweet Potato Tots Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>31 BBQ Chicken / Garlic Toast Cheeseburger Mini Corn Dogs (MS) French Bread Pizza  Seasoned Potato Fries Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>
<p>Sept 3<sup>rd</sup> Labor Day / No School!  </p>	<p>4 Mini Corn Dogs Nacho Little Bites Cheese Ravioli / Garlic Toast (MS) Popcorn Chicken Meal  Sweet Kernel Corn/Assorted Fruit Mixed Salad Greens Carrot Bites, Cucumber, Red Pepper Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>5 Cheese Pizza Pepperoni Pizza Chicken Nuggets w/ WG Roll (MS) Deep Dish Pizza Round  Garden Green Peas Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>6 Cheeseburger Chicken Patty on a Bun Chicken Nuggets w/ Garlic Toast (MS) Spicy Chicken Sandwich  Seasoned Potato Fries Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Red Pepper, Broccoli Floret, Celery Dippers Choice of Milk/ Dipping Sauces</p>	<p>7 Hot Dog on a Bun Max Cheese Sticks &amp; Marinara Chicken Nuggets / WG Roll (MS) French Bread Pizza  Baked Brown Beans Mixed Salad Greens/Assorted Fruit Carrot Bites, Cucumber, Celery, Red Pepper Dippers Choice of Milk/ Dipping Sauces</p>