

MAY 2017

Freeport School District 145 Middle School / High School Lunch Menu

MONDAY

Entrée:

Mini Corn Dogs
with Ketchup

Lunch Box:

Cobb Salad
Peaches
Broccoli

Entrée:

Bosco Sticks w/
Marinara Sauce

Lunch Box:

Taco Salad
Peaches
Broccoli

Entrée:

Cheeseburger with
Ketchup & Mustard

Lunch Box:

Italian Salad
Peaches
Curly Fries

Entrée:

Fish Sticks w/
Tartar Sauce

Peaches
Maple Sweet Potatoes

No School

TUESDAY

Entrée:

BBQ Rib Sandwich
with Pickles

Lunch Box:

Cobb Salad
Cherries
Baked Beans

Entrée:

Spaghetti with Meatballs

Lunch Box:

Taco Salad
Cherries
Green Beans

Entrée:

Sloppy Joe

Lunch Box:

Italian Salad
Cherries
Baked Beans

Entrée:

Orange Chicken w/
Brown Rice

Cherries
Asian Veggie Blend

Entrée:

Crispy Chicken Sandwich

Cherries
Sweet Potato Fries

WEDNESDAY

Entrée:

Cheese Lasagna

Lunch Box:

Cobb Salad
Apple Slices
Carrots

Entrée:

WG Pancakes w/
Turkey Sausage Links

Lunch Box:

Taco Salad
Apple Slices
Breakfast Potatoes

Entrée:

Cheese Quesadilla
w/ Salsa

Lunch Box:

Italian Salad
Apple Slices
Broccoli

Entrée:

Baked Chicken

Apple Slices
Mashed Potatoes and
Gravy

Entrée:

Cheeseburger with
Ketchup & Mustard

Apple Slices
Vegetable Pasta Salad (MS)
Vegetable Chef's Choice
(FHS)

THURSDAY

Entrée:

Ham & Cheese Sandwich

Lunch Box:

Cobb Salad
Mandarin Oranges
Vegetable Pasta Salad

Entrée:

Walking Taco

Lunch Box:

Taco Salad
Mandarin Oranges
Roasted Corn & Black Beans

No Lunch Service

3 Hour Day

Entrée:

Housemade
Cheese Pizza

Mandarin Oranges
Broccoli

DID YOU KNOW...

The birthstone for May is the emerald which
represents success or love.

FRIDAY

Entrée:

Asian Honey Teriyaki
Chicken Bites w/ Ranch

Lunch Box:

Cobb Salad
Seasonal Fruit
Green Beans

Entrée:

Chicken Strips w/ choice
of Ketchup or Ranch

Lunch Box:

Taco Salad
Seasonal Fruit
Carrots

Entrée:

Pretzel Bites w/
Nacho Cheese

Lunch Box:

Italian Salad
Seasonal Fruit
Green Beans

Entrée:

Chicago Style Hotdog

Seasonal Fruit
Baked Beans

Did you know...

Choice of milk is offered daily.
Lactose Free and Soy Milk are
available with Doctor note
submitted to School Nurse for
student with Milk Allergies.

Menu is subject to change