

November 2024

RAP Freeport Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

4 **BBQ Rib Sandwich**
Celery Sticks with Ranch
Banana
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

5
No School
Election Day

6
Cheeseburger
Corn on the Cob
Apple Slices
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

7
Beef Hot Dog
With Baked Chips
Baked Beans & Oranges
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

8
No School

11
Chicken Nugget Box
French Fries & Apples
Tropicool Slushy
Or
 BYO Pizza Box
Italian Sub
Choice of Milk

12
Beef Fiestada Pizza
Corn in a Cup
Fruit Side Kick
Or
 BYO Pizza Box
Italian Sub
Choice of Milk

13
Tomato Soup
Grilled Cheese Sandwich
Granny Smith Apple
Or
 BYO Pizza Box
Italian Sub
Choice of Milk

14
Cheesy Mac Bites
Baked Beans
Mandarin Oranges
Or
 BYO Pizza Box
Italian Sub
Choice of Milk

15
Korean BBQ Chicken
Chow Mein Noodles
WG Egg Roll
Carrots & Pineapple
Or
 BYO Pizza Box
Italian Sub
Choice of Milk

18
Jumbo Waffles
Chicken Sausage
Maple Fries & Banana
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

19
Beef Soft
Shell Tacos
Refried Bean Dip & Chips
Mango Chunks
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

20
Turkey & Cheese
Sandwich
Pasta Salad / Sliced
Cucumbers & Apples
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

21
Chicken Alfredo
WG Dinner Roll
Broccoli & Oranges
Chocolate Tiger Bites
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

22
WG Mini Chicken
Corn Dogs
Sweet Potato Tots
Grapes
Or
Muffin Box
Turkey Pepperoni Pizza
Choice of Milk

25
Chicken & Waffles
Emoji Fries
Granny Smith Apple
Choice of Milk

26
Roasted Turkey
Mashed Potatoes & Gravy
Corn
WG Dinner Roll
Fruit Side Kick
Choice of Milk

27
No School

28
No School
Happy Thanksgiving
grateful

29
No School

Milk Substitutions

Daily milk substitutions are available to all district students who have a current completed Allergy Form submitted to the school nurse. Please note that this form must be completed each school year.

Options available are:

- Vanilla Almond Milk
- Chocolate Almond Milk
- Lactose Free Milk
- Oat Milk
- Soy Milk

Pork Items

Menu Items that contain pork are highlighted in yellow

*Menu is subject to change due to vendor food shortages and NDS staffing