

# September 2017

## Freeport School District 145 Elementary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

4

NO SCHOOL

5

**Entrée:**  
Mini (chicken)  
Corn Dogs

**Lunch Box:**  
Build your own Pizza

Cherries  
Baked Beans

6

**Entrée:**  
Cheese Ravioli  
with Garlic Bread

**Lunch Box:**  
Build your own Pizza

Pears  
Normandy Blend

7

**Entrée:**  
Chicken Fries

**Lunch Box:**  
Build your own Pizza

Apple Slices  
Sweet Potato Tots

8

**Entrée:**  
Pancakes with  
Turkey Sausage

**Lunch Box:**  
Build your own Pizza

Fresh Seasonal Fruit  
Hashbrowns

11

**Entrée:**  
Grilled Cheese  
Pizza Sandwich

**Lunch Box:**  
Deli Snack Box

Mandarin Oranges  
Sweet Corn

12

**Entrée:**  
Walking Taco

**Lunch Box:**  
Deli Snack Box

Cherries  
Refried Beans

13

**Entrée:**  
Lasagna Rolls

**Lunch Box:**  
Deli Snack Box

Pears  
Normandy Blend

14

**Entrée:**  
Orange Chicken  
with Brown Rice

**Lunch Box:**  
Deli Snack Box

Apple Slices  
Fresh Broccoli w/ Ranch

15

**Entrée:**  
Beef Hot Dog  
with Chips

**Lunch Box:**  
Deli Snack Box

Fresh Seasonal Fruit  
Sweet Potato Tots

18

**Entrée:**  
Baked Chicken

**Lunch Box:**  
Soybutter & Jelly Bites

Mandarin Oranges  
Mashed Potatoes and  
Gravy

19

**Entrée:**  
Cheeseburger

**Lunch Box:**  
Soybutter & Jelly Bites

Cherries  
Baked Beans

20

**Entrée:**  
Housemade  
Cheese Pizza

**Lunch Box:**  
Soybutter & Jelly Bites

Pears  
Normandy Blend

21

**Lunch Box:**  
Soybutter & Jelly  
Bites

Apple Slices  
Fresh Broccoli w/  
Ranch

3 HOUR DAY

22

**Entrée:**  
Pretzel Bites  
with Nacho Cheese

**Lunch Box:**  
Soybutter & Jelly Bites

Fresh Seasonal Fruit  
Sweet Potato Tots

25

**Entrée:**  
Tomato Basil Soup  
with Grilled Cheese

**Lunch Box:**  
Warm Pepperoni &  
Cheese Sliders

Mandarin Oranges  
Sweet Corn

26

**Entrée:**  
Soft Shell  
Turkey Taco

**Lunch Box:**  
Warm Pepperoni &  
Cheese Sliders

Cherries  
Refried Beans

27

**Entrée:**  
Housemade Ham &  
Cheese Calzone

**Lunch Box:**  
Warm Pepperoni &  
Cheese Sliders

Pears  
Broccoli with Ranch

28

**Entrée:**  
Creamy Chicken  
Alfredo

**Lunch Box:**  
Warm Pepperoni &  
Cheese Sliders

Apple Slices  
Normandy Blend

29

**Entrée:**  
BBQ Rib  
Sandwich

**Lunch Box:**  
Warm Pepperoni &  
Cheese Sliders

Fresh Seasonal Fruit  
Sweet Potato Tots

### New Lunch Box:

Deli Snack Box  
Cheese cubes with WG  
Panini Triangles and  
yogurt. Served with  
fruit and vegetable of  
the day.

### 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