



Our salad bar is available daily for students to enjoy!

January High School Menu



SCHOOL LUNCH IS "MY PLATE"

A school lunch is loaded with fruits and veggies that fill half "the Plate".

Freeman Nutrition Services ..."Making the Right Food Choices Together."

<p>2</p> <p>Winter Break</p>	<p>3</p> <p>Winter Break</p>	<p>4</p> <p>Beef Soft Tacos Spanish Rice</p> <p><i>Today On The SLIDE!</i> Chickenwich <i>Served with Chips</i></p>	<p>5</p> <p>Chicken Alfredo Cheese Stuffed Breadstick</p> <p><i>Today On The SLIDE!</i> Corn Dog <i>Served with Tots</i></p>	<p>6</p> <p>BBQ Chicken Sandwich Coleslaw Chips</p> <p><i>Today On The SLIDE!</i> Personal Pan Pizza <i>Served with Chips</i></p>
<p>9</p> <p>Macaroni and Cheese Garlic Toast Sherbet Cup</p> <p><i>Today On The SLIDE!</i> Chickenwich Cheeseburger/Hamburger <i>Served with Fries</i></p>	<p>10</p> <p>Chicken Tenders Mashed Potatoes and Gravy Dinner Roll</p> <p><i>Today On The SLIDE!</i> Stuffed Crust Pizza <i>Served with Seasoned Potatoes</i></p>	<p>Late Start 11</p> <p>Chicken Caesar Wrap SunChips</p> <p><i>Today On The SLIDE!</i> Chickenwich <i>Served with Chips</i></p>	<p>12</p> <p>Sweet and Sour Chicken Rice Bowl w/ Egg Roll Fortune Cookie</p> <p><i>Today On The SLIDE!</i> Chicken Quesadilla <i>Served with Tots</i></p>	<p>13</p> <p>Grilled Cheese Sandwich Tomato Soup Goldfish Crackers</p> <p><i>Today On The SLIDE!</i> Personal Pan Pizza <i>Served with Chips</i></p>
<p>16</p> <p>Martin Luther KING, JR. DAY No School</p>	<p>17</p> <p>Roasted BBQ Chicken Au gratin Potatoes Corn Muffin</p> <p><i>Today On The SLIDE!</i> Stuffed Crust Pizza <i>Served with Seasoned Potatoes</i></p>	<p>18</p> <p>Mediterranean Chicken Flatbread Sandwich Ice Cream Sandwich</p> <p><i>Today On The SLIDE!</i> Chickenwich <i>Served with Chips</i></p>	<p>19</p> <p>Pasta w/ Meat Sauce Seasoned Breadstick Chocolate Chunk Cookie Caesar Salad</p> <p><i>Today On The SLIDE!</i> Mini Corn Dogs <i>Served with Tots</i></p>	<p>20</p> <p>Nacho Boats Refried Beans</p> <p><i>Today On The SLIDE!</i> Personal Pan Pizza <i>Served with Chips</i></p>
<p>23</p> <p>Lasagna Roll-Up Garlic Toast</p> <p><i>Today On The SLIDE!</i> Chickenwich Calzone <i>Served with Fries</i></p>	<p>24</p> <p>Chicken Nuggets Mashed Potatoes and Gravy Dinner Roll</p> <p><i>Today On The SLIDE!</i> Stuffed Crust Pizza <i>Served with Seasoned Potatoes</i></p>	<p>Late Start 25</p> <p>Meatball Subs Northwest Apple Salad Chips</p> <p><i>Today On The SLIDE!</i> Chickenwich <i>Served with Chips</i></p>	<p>26</p> <p>Honey Fire Chicken Rice Bowl w/ Egg Roll Fortune Cookie</p> <p><i>Today On The SLIDE!</i> Rib B Q Sandwich <i>Served with Tots</i></p>	<p>27</p> <p>Teacher Work Day No School</p>



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French Toast Sticks Sausage Patty Potato Wedge Yogurt Parfait <i>Today On The SLIDE</i> Chickenwich <i>Served with Fries</i>	30 Chicken Tenders Mashed Potatoes and Gravy Dinner Roll <i>Today On The SLIDE</i> Stuffed Crust Pizza <i>Served with Seasoned Potatoes</i>	31		