

Menus for January

FREEMAN ELEMENTARY AND MIDDLE
SCHOOL LUNCH AND BREAKFAST MENUS



This institution is an equal opportunity provider. Menus are subject to change.



Welcome Back!

We hope you enjoyed your break!

Monday, January 9

Breakfast

Whole Grain Cinni-Mini
Hard boiled Egg

Lunch

French Toast Sticks
w/Fruit Toppings and/or
Syrup
Hash-brown Potato
Wedge
Egg Omelet

M. School Choice:
Chicken Caesar Salad
Seasoned Breadstick

Tuesday, January 10

Breakfast

Egg McFreeman

Lunch

Whole Grain Pasta
w/ Homemade Meat
Sauce
Garlic Toast

M. School Choice:
Macaroni and Cheese
Garlic Toast

Wednesday, January 11

LATE START EAT HEALTHY BREAKFAST AT HOME

Lunch

Cheese Pizza Dippers
w/ Marinara Sauce
Potato Smiles
Scooby Doo Snacks!

M. School Choice:
Mini Corn Dogs
Potato Smiles

Thursday, January 12

Breakfast

Biscuit w/ Sausage
Patty

Lunch

Soft Pretzel w/ Cheese
Steamed Green Beans
Chocolate Pudding Cup

M. School Choice:
Personal Pan Pizza

Friday, January 13

Breakfast

Waffle Friday

Lunch

All Beef Hamburger
Baked Beans
Seasoned Fries

M. School Choice:
Chickenwich
Seasoned Fries

Wednesday, January 4

Breakfast

Turkey Sausage
Breakfast Pizza

Lunch

Crunchy Chicken Taco
Black Beans

M. School Choice:
Chicken and Cheese
Quesadilla

Thursday, January 5

Breakfast

Bagel Pizza

Lunch

Chicken Tenders
Mashed Potatoes and
Gravy
Fresh Baked Dinner Roll
Steamed Corn

M. School Choice:
Chicken Tenders served
on Both sides

Friday, January 6

Breakfast

French Toast Friday

Lunch

Mini Corn Dogs
Potato Puffs
Giant Goldfish Graham
Cracker
Mighty Mandarin Oranges

M. School Choice:
Chickenwich
Potato Puffs

DON'T 4GET!

To make a lunch, choose at least one



or



WESTMINSTER SCHOOL DISTRICT NUTRITION SERVICES

Still the best deal in town!

Breakfast

Lunch

\$1.50 \$1.60 \$2.55 \$2.75

Elementary

MS

Elementary Secondary

Get in touch with us today to learn more about
free and reduced-price meals in our district:
509-291-7510 or mmcgill@freemansd.org



featuring

At least 8 different Fruits and Veggies offered
daily for every student to choose from!

EVERYDAY!

Monday, January 16



THE TIME IS ALWAYS
RIGHT TO DO WHAT
IS RIGHT.

—MARTIN LUTHER KING, JR.

Monday, January 16
MLK Day

Tuesday, January 17

Breakfast
Breakfast Granola Round
Yogurt Parfait

Lunch
Belgian Waffle Sticks
Sausage Patty

M. School Choice:
Chef Salad
Seasoned Breadstick

Wednesday, January 18

Breakfast
Egg McFreeman

Lunch
Cheesy Beef Nachos
Refried Beans

M. School Choice:
Honey Mustard Deli
Wrap
Chips

Thursday, January 19

Breakfast
Cinnamon Roll
Sunflower Seeds or
String Cheese

Lunch
Grilled Ham and Cheese
Sandwich
Honey Roasted Carrots
Jo Jo Potatoes

M. School Choice:
Deli Sub Sandwich &
Jo Jo Potatoes

Friday, January 20

Breakfast
French Toast Friday

Lunch
Corn Dog
Kickin' Kiwi
Orange Sherbet

M. School Choice:
Chickenwich
Potato Puffs

Monday, January 23

Breakfast
Blueberry Muffin
Sunflower Seeds or
String Cheese

Lunch
Teriyaki Beef Dippers
Chow Mein (Asian
Noodles
w/ Veggies) &
Fortune Cookie

M. School Choice:
Egg Roll
Chow Mein Noodles

Tuesday, January 24

Breakfast
Bagel w/ Cream Cheese
Hard Ckd. Egg

Lunch
Chicken Alfredo
Cheese Stuffed
Breadstick
Caesar Salad

M. School Choice:
Calzone

Wednesday, January 25

**LATE START
EAT HEALTHY
BREAKFAST AT HOME**

Lunch
Turkey Gravy
Mashed Potatoes
Fresh Baked Dinner Roll
Steamed Veggie

M. School Choice:
Turkey Gravy

Thursday, January 26

Breakfast
Waffle Sticks

Lunch
Stuffed Crust Pizza
Tossed Salad
Orange Sherbet

M. School Choice:
Chickenwich
Fries

Friday, January 27

Teacher Work Day

No School

Monday, January 30

Breakfast
Donut!

Sunflower Seeds or
String Cheese

Lunch
Baked Fish Treasures
Crazy Coolslaw

**Rainbow Multi-Colored
Potatoes**

M. School Choice:
Crispy Breaded Fish
Sandwich

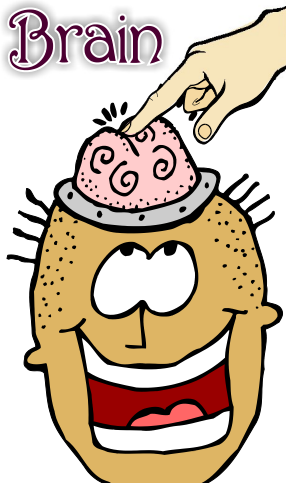
Tuesday, January 31

Breakfast
Croissant
Egg Omelet

Lunch
Deli Sub Sandwich w/
Veggie Toppings
SunChips

M. School Choice:
Rib B Q Sandwich
SunChips

**Brain
Ticklers**



Jimmy's mom has 4
kids. She named the
first Monday, the
second Tuesday, and
the third Wednesday.
What do you think
she named her
fourth child?


(Hold the page upside
down and read it in a
mirror for the answer!)

January

**JANUARY
BIRTHDAYS**

Louis Braille -- Jan. 4
Dr. Martin Luther King -- Jan. 15
Michelle Obama (53) -- Jan. 17
Muhammed Ali -- Jan. 17
Virginia Woolf -- Jan. 25
Franklin D. Roosevelt -- Jan. 30


**What's on
YOUR
plate?**



OR RAW!

He's the heavyweight champ,
whether he's cooked . . .
He'll give any other food
a nutritional body slam,
because he's . . .

**THE
BROC**



Can you name the powerful food we're describing
and the famous person we're comparing it to?
(Hold the page upside down and look in a mirror for the answer!)

champion and actorwayne "The Rock" roswell
A: The food is broccoli and the person is 17-time pro wrestler

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO



Boys and girls 4-6 years old should get
about 1800 total calories a day from all
food and drink sources, while 7-10 year
olds should get 2200. At age 11-14, girls
should still get about 2200 calories but
boys about 2500. Young athletes should
get 600-1200 more calories a day,
depending on their weight and sport.



A TASTY MORSEL FOR PARENTS