



January 2023

Freedom & Heritage SCHOOL LUNCH MENU

Weekly Special:

Chicken Spicy Patty
Chicken Patty
Cheeseburger
Beef Nachos
Pizza
Sunbutter & Jelly

Fresh Deli
Sandwiches

All Lunches
Must Include
Choice of:
Fruits and/or
Vegetable
And May
Include:
1% Low-Fat
Milk

Powering
potential.

	MON	TUES	WED	THURS	FRI
	2 Winter Break	3 Winter Break	4 Winter Break	5 Winter Break	6 Winter Break
	9 Hotdog Bbq Riblet Steam Broccoli Fruit Juice	10 Beef Taco Bbq Pulled Pork Steam Corn Fresh Apple	11 Mac & Cheese Bbq Riblet Steam Peas Fruit Juice	12 French Toast Eggs & Sausage Steam Carrots Fresh Banana	13 Cheese Pizza Bbq Riblet Mashed Potatoes Fruit Juice
	16 No School	17 Half Day	18 Fish Patty Melt Bbq Pulled Pork Mashed Potatoes Fruit Juice	19 Corn Dog Bbq Riblet Kickin' Pinto Beans Fresh Banana	20 Cheese Pizza Bbq Pulled Pork Bake Fries Fruit Juice
	23 Grilled Cheese Campfire Beans Bbq Riblet Fruit Juice	24 Beef Taco Bbq Pulled Pork Steam Carrots Fresh Apple	25 Bake Potatoes Bbq Riblet Steam Broccoli Fruit Juice	26 Chicken Nugget Bbq Pulled Pork Mashed potatoes Fresh Banana	27 Cheese Pizza Bbq Riblet Steam Corn Fruit Juice
	30 Corn Dog Bbq Pulled Pork Steam Broccoli Fruit Juice	31 Beef Taco Bbq Riblet Steam Corn Fresh Apple			

Menus are subject to change.



This institution is an equal
opportunity providers



Enero 2023

Freedom & Heritage SCHOOL

MENÚ DE ALMUERZO

Especial semanal:

- Patty picante de pollo
- Patty de pollo
- Hamburguesa con queso
- Nachos de carne pizza
- Sunbutter y mermelada

Sándwiches Deli frescos

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.

	Lunes	Martes	Miercoles	Jueves	Viernes
	2 Vacaciones de invierno	3 Vacaciones de invierno	4 Vacaciones de invierno	5 Vacaciones de invierno	6 Vacaciones de invierno
	9 Hotdog Sandwich de costilla en BBQ Brócoli al vapor Jugo de fruta	10 Taco de Carne Sandwich de puerco en BBQ Maíz al vapor Manzana fresca	11 Mac & Queso Sandwich de costilla en BBQ Chicharos al vapor Jugo de fruta	12 Tostadas francesas Huevos y salchichas Zanahorias de vapor Plátano fresco	13 Pizza de queso Sandwich de costilla en BBQ Puré de papa Jugo de fruta
	16 No hay clases	17 Medio Día	18 Hamburguesa de pescado con queso Sandwich de puerco en BBQ Puré de papa Jugo de fruta	19 Hot Dog en pan de maiz Sandwich de costilla en BBQ Frijos pintos picante Plátano fresco	20 Cheese Pizza Sandwich de puerco en BBQ Papas fritas al horno Jugo de fruta
	23 Sandwich de Queso a la parrilla Sandwich de costilla en BBQ Frijoles de fogata Fruit Juice	24 Taco de Carne Sandwich de puerco en BBQ Zanahorias de vapor Manzana fresca	25 Papa al horno Bbq Sandwich de costilla en BBQ Brocoli Jugo de fruta	26 Nuggets de pollo Sandwich de puerco en BBQ Puré de papa Plátano fresco	27 Pizza de queso Sandwich de costilla en BBQ Maíz al vapor Jugo de fruta
	30 Hot Dog en pan de maiz Sandwich de puerco en BBQ Steam Broccoli Fruit Juice	31 Taco de Carne Sandwich de costilla en BBQ Steam Corn Fresh Apple			



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