

# January 2025 Lunch Menu

## Heritage & Freedom MS



BERWYN SOUTH  
SCHOOL DISTRICT 100

**LUNCH IS AVAILABLE TO ALL STUDENTS AT NO COST**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <b>Winter Break</b>	31 <b>Winter Break</b>	1 <b>Winter Break</b>	2 <b>Winter Break</b>	3 <b>Winter Break</b>
6 <b>Institute Day (No School for Students)</b>	7 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	8 BYO Burger Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	9 BYO Salad Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 Walking Taco Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
13 Beef Enchiladas Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	14 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 Mia Pasta Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	16 BYO Burrito Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 Buffalo Chicken Melt Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
20 <b>Martin Luther King Day (No School)</b>	21 <b>Half Day for Students (School Improvement Day)</b>	22 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	23 BYO Sub Sandwich Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	24 Chicken Fajita Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
27 Chicken Quesadilla Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	28 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	29 BBQ Rib Sandwich Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	30 SalchiPapas Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	31 BYO Wings (Honey Sriracha BBQ, Buffalo, Sweet & Sour) Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint

**Daily Middle School Lunch Choices:**

- Luigi's Pizza
  - Cheese
  - Pepperoni
  - Pizza of the Day

**MmmBurger Grill**

- Homestyle Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger

- Sun Butter and Jelly Sandwich

- Grab & Go Salads

- Deli Subs/ Wraps

- Milk Choices:**  
1% White  
Or  
Fat Free Chocolate

\*\*Menu Subject to Change\*\*

In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

