LUNCH IS AVALIABLE TO ALL STUDENTS AT NO COST



WEDNESDAY

November 2024 Lunch Menu Heritage & Freedom MS

THIIDCDAY



Ingredients, Additives, MONDAY

Preservatives	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
High Fructose Corn Syrup					BYO Wings (Honey Sriracha BBQ, Buffalo, Sweet & Sour) Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Fried Foods	Parent Teacher Conferences (No School)	General Election Day (No School)	6 BYO Burger Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	7 BYO Salad Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	8 Walking Taco Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Mystery Meats	11 Beef Enchiladas Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	12 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	13 Mia Pasta Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	14 BYO Burrito Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 Buffalo Chicken Melt Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
ALWAYS fresh NEVER frozen	18 BBQ Rib Sandwich Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	19 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	20 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	21 BYO Sub Sandwich Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	22 Chicken Fajita Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
**** 4-Star School Lunch Provider	25 Chicken Quesadilla Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	26 Maria's Thanksgiving Special Lunch (Mashed Potato Barbacoa Turkey Bowl) Corn Just Picked Fresh Fruit Ice Cold Milk Pint	Thanksgiving Break	Thanksgiving Break	

Daily Middle School Lunch Choices:

Luigis Pizza -Cheese -Pepperoni -Pizza of the Day

MmmBurger Grill

-Homestyle Chicken Sandwich -Spicy Chicken Sandwich

-Sun Butter and Jelly Sandwich

-Cheeseburger

-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, nationalorigin, sex, age, and disability.







THESDAY







