

Freeport Area School District Sept 2020

Food Service Director: **Cassie Mielke**
 Mielke@freeport.k12.pa.us
 724-295-5143 ext. 1252

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread, and Choice of Milk

**Students must choose at least one fruit or vegetable*

Alternative lunch

week 1&3 Turkey Sandwich

Week 2&4, Ham Sandwich

Grilled Chicken Salad available

*Vegetables include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE

Breakfast prices
 Paid :\$1.25
 Reduced \$.30

Lunch Prices:
 Paid \$2.75
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 7 No School	Sept 8 Breakfast Assorted Cereal with fruit juice Lunch Cheeseburger Assorted vegetable and fruit Chocolate or 1% milk	Sept 9 Breakfast Donut with fruit juice Lunch Chicken patty Assorted vegetable and fruit Chocolate or 1% milk	Sept 10 Breakfast Assorted Cereal with fruit juice Lunch Cheese Pizza Assorted vegetable and fruit Chocolate or 1% milk	Sept 11
Sept 14 Breakfast Pancakes with fruit juice Lunch tacos Assorted vegetable and fruit Chocolate or 1% milk	Sept 15 Breakfast Assorted cereal with fruit juice Lunch Popcorn Chicken with Bread Assorted vegetable and fruit Chocolate or 1% milk	Sept 16 Breakfast Strawberry pastry with fruit juice Lunch Turkey and biscuit Assorted vegetable and fruit Chocolate or 1% milk	Sept 17 Breakfast Assorted Cereal with fruit juice Lunch Grilled Cheese sandwich Assorted vegetable and fruit Chocolate or 1% milk	Sept 18
Sept 21 Breakfast Donut with fruit juice Lunch Soaghetti with meatsauce Assorted vegetable and fruit Chocolate or 1% milk	Sept 22 Breakfast Assorted Cereal with fruit juice Lunch Chicken patty sandwich Assorted vegetable and fruit Chocolate or 1% milk	Sept 23 Breakfast Pancakes with fruit juice Lunch Sausage, egg and cheese sandwich Assorted vegetable and fruit Chocolate or 1% milk	Sept 24th Breakfast Assorted Cereal and Juice Lunch Hot Turkey Sandwich Assorted vegetable and fruit Chocolate or 1% milk	Sept 25th
Sept 28th Breakfast Strawberry Pastry with Juice Lunch Cheeseburger Assorted vegetable and fruit Chocolate or 1% milk	Sept 29th Breakfast Assorted Cereal with Juice Lunch Tacos Assorted vegetable and fruit Chocolate or 1% milk	Sept 30th Breakfast Eggo French Toast with Juice Lunch Popcorn Chicken with Bread Assorted vegetable and fruit Chocolate or 1% milk	Oct 1st Breakfast Assorted Cereal and Juice Lunch Maccaroni and Cheese Assorted vegetable and fruit Chocolate or 1% milk	Oct 2nd

