

# 2019-2020 FREMONT MIDDLE SCHOOL MENU

<b>MENU #1</b>	<b>Monday</b>	Spaghetti w/ Meat Sauce or Chicken Alfredo Garlic Toast Fruit & Vegetable Milk Pizza Choice: Cheese	<b>Tuesday</b>	<b>Tuesday</b>	Cheeseburger or Hamburger w/ Toppings Curley Fries Fruit and Vegetable Milk Pizza Choice: French Loaf	<b>Wednesday</b>	<b>Wednesday</b>	French Toast or Pancakes Sausage Patty Hash Brown Fruit and Vegetable Milk Pizza Choice: Bosco Sticks	<b>Thursday</b>	<b>Thursday</b>	Walking Tacos or Nachos Refried Beans Sour Cream & Salsa Fruit and Vegetable Milk Pizza Choice: Garlic Flat Bread	<b>Friday</b>	<b>Friday</b>	Sweet & Sour or Gen.Tso's Chicken Stir Fry Vegetables Fruit and Vegetable Fortune Cookie Milk Pizza Choice: Pepperoni															
	<b>MENU #2</b>	<b>Monday</b>		French Toast Sticks or Pancakes Sausage Patty Fruit and Vegetable Milk Pizza Choice: Cheese	<b>Tuesday</b>		<b>Tuesday</b>	TRY IT TUESDAY!!! Fruit & Vegetable Milk *Frozen Treat Pizza Choice: French Loaf		<b>Wednesday</b>	<b>Wednesday</b>		Chicken Nuggets or Drumstick Mashed Potatoes Dinner Roll Fruit and Vegetable Milk Pizza Choice: Bosco Sticks	<b>Thursday</b>	<b>Thursday</b>	Rib-B-Que Sandwich or Deluxe Chicken Patty Cole Slaw and Funyons Fruit and Vegetable Milk Pizza Choice: Garlic Flat Bread	<b>Friday</b>	<b>Friday</b>	Build Your Own Tacos Black Beans, Lettuce, Tomato Salsa, Cheese, & Sour Cream Fruit and Vegetable Milk Pizza Choice: Pepperoni										
		<b>MENU #3</b>		<b>Monday</b>			Mini Corn Dogs or Chicken Tenders Crinkle Fries Fruit and Vegetable Milk Pizza Choice: Cheese	<b>Tuesday</b>			<b>Tuesday</b>		Ham or Turkey Sub Sub BarToppings Doritos Fruit and Vegetable Milk Pizza Choice: French Loaf		<b>Wednesday</b>	<b>Wednesday</b>		Plain Wing Basket or Spicy Wing Basket Pretzel Sticks Fruit and Vegetable Milk Pizza Choice: Bosco Sticks	<b>Thursday</b>	<b>Thursday</b>	Grilled Cheese Soup Fruit and Vegetable Rice Krispie Treat Milk Pizza Choice: Garlic Flat Bread	<b>Friday</b>	<b>Friday</b>	Cheese Quesadilla or Beefy Nachos & Cheese Refried Beans Fruit and Vegetable Milk Pizza Choice: Pepperoni					
				<b>MENU #4</b>			<b>Monday</b>				Breakfast Pizza or Pancake Wrap Hash Brown Fruit and Vegetable Milk Pizza Choice: Cheese		<b>Tuesday</b>			<b>Tuesday</b>		Mac & Cheese or Ravioli w/ Marinara Sauce Garden Salad & Garlic Bread Fruit and Vegetable Milk Pizza Choice: French Loaf		<b>Wednesday</b>	<b>Wednesday</b>		Chicken Tenders or Hot Dog Crinkle Fries Fruit and Vegetable Milk Pizza Choice: Bosco Sticks	<b>Thursday</b>	<b>Thursday</b>	Hot Pocket or Meat Ball Sub Romaine Salad Frozen Fruit Cup Milk Pizza Choice: Garlic Flat Bread	<b>Friday</b>	<b>Friday</b>	Roots Chicken Sandwich or BBQ Pulled Pork Sandwich Doritos Fruit and Vegetable Milk Pizza Choice: Pepperoni
							<b>Monday</b>				Breakfast Pizza or Mini Donuts or Cereal & String Cheese Fruit and/or Juice Milk					<b>Tuesday</b>		<b>Tuesday</b>			Mini Waffles or Fruit Frudel or Cereal & String Cheese Fruit and/or Juice Milk		<b>Wednesday</b>		<b>Wednesday</b>	Pancake Wrap or Apple Texas Toast or Cereal & String Cheese Fruit and/or Juice Milk		<b>Thursday</b>	<b>Thursday</b>

August-19						
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September-19						
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December-19						
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January-20						
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April-20						
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May-20						
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**Meal Prices**

**Breakfast**

- Full Pay- \$1.35
- Reduced- \$.30
- Adults- \$1.35
- Milk- \$.50

**Lunch**

- Full Pay- \$2.70
- Reduced- \$.40
- Adults- \$3.00
- Milk- \$.50

Menus are planned according to Food & Nutrition Guidelines set forth by the USDA. Menus are subject to change due to product availability, new product offerings, or weather related issues. Any changes will be communicated on the morning announcements.

**For Additional Info Please Contact:**  
**Abby Berndt**  
 Child Nutrition Supervisor  
 berndta@fremontschools.net  
 419-334-5434

**This institution is an equal opportunity provider.**

Meal applications are available by visiting [www.lunchapp.com](http://www.lunchapp.com). These applications must be completed annually. If you wish to pre-pay for your students lunch in advance you can add money at [sendmoneytoschool.com](http://sendmoneytoschool.com).

*We encourage your student to start each day with a healthy breakfast. In addition to the breakfast menu, FMS will have a breakfast grab and go option allowing students to get breakfast regardless of arrival time each morning. Options for grab and go breakfast will change each week allowing us the opportunity to offer a variety of options to students. Our goal is to ensure that each student starts the day with a full belly!*

*Dates in pink represent days in which school is not in session. Make up days will be added to the calendar as needed.*