

Cafeteria Managers

Atkinson School
Darla Reese

Croghan School
Robin Moll

Hayes School
Sue Byers

Lutz School
Betty Weiss

Otis School
Sally Sleek

Stamm School
Marcia Ackerman

Washington School
Sherri Brown

FMS
Linda Mange

Ross High School
Ellen Joseph



Fresh/
canned fruits
and vegeta-
bles are of-
fered daily in
all buildings

Parents/guardians are encouraged to visit our cafeterias and have lunch with their child(ren). Please call ahead to make sure that we have enough lunches prepared. The cost is \$2.75

Ask your child what their pin number is. This number will stay with them from grades K-12!



The mission of Fremont City Schools is to develop well-educated, life-long learners prepared to be responsible, productive and respectful members of their communities.

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Dr. Traci McCaudy
Superintendent

David M. Chambers
Treasurer

FREMONT CITY SCHOOLS

Child Nutrition Department

*Meal Offerings in
Fremont City Schools*



Michaeleen Rogers,
Child Nutrition Department
Supervisor
Telephone **419.334.5440**

Food Service Options

All seven elementary schools in Fremont City Schools offer breakfast and lunch according to a rotating three week menu cycle.

Breakfast choices include such items as: breakfast pizza, assorted cereals, yogurt, fruit, breakfast bagel, cinnamon French toast, or bagels and cream cheese.



Please encourage your child to choose fresh fruits.

Lunch items include: chicken nuggets, pizza, grilled cheese sandwiches served with tomato soup, chicken with mashed potatoes and gravy, or mozzarella sticks/sauce. Sides may include romaine let-

tuce salad, oven roasted red skin potatoes, baby carrots with dip, or brown rice and beans.

One percent or fat free white, chocolate, vanilla, and strawberry milk is available every day at all schools.

Fremont Middle School

The Fremont Middle School offers breakfast and lunch. Breakfast choices include: Bagels and cream cheese, yogurt, assorted cereals, pancake and sausage wraps, breakfast pizza, or mini pancakes. Two lines operate during each lunch period. Food choices on the lines include: pizza, breadsticks with dipping sauce, grilled cheese sandwich with tomato soup, potato bowl, salads, yogurt/muffin combo, fajitas, or baked pasta.

Fremont Ross High School

Breakfast is offered at Fremont Ross. Choices include: cinnamon French toast, yogurt, assorted cereals, bagels and cream cheese, or bacon and egg pizza. Three lunch lines at Ross High School offer such choices as: chicken nuggets, walking tacos, chicken fajitas, pizza, baked pasta, "Oriental Day", turkey gravy over mashed potatoes, or chicken alfredo. The grab and go line offers: build your own salad or sub sandwich with soup and crackers.

All students at each building are encouraged to pay on their accounts in the morning before school starts. Please remind your child to

PAY IN ADVANCE!

To deposit money in your child's account, please go to

www.sendmoneytoschool.com

To check your child's account,

Please go to www.sendmoneytoschool.com

Meal Prices

Breakfast - \$1.25 (full price at all schools)

\$.30 (reduced price at all schools)

Lunch-

Elementary-\$2.00 (full price)

\$.40 (reduced price)

Middle School-\$2.25 (full price)

\$.40 (reduced price)

Fremont Ross High-\$2.50 (full price)

\$.40 (reduced price)

To apply for free or reduced meals, go to

www.lunchapp.com

and apply online. It's easy, confidential and fast!!

Visit:

www.fremontschools.net

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