

2020-2021 FREMONT MIDDLE SCHOOL MENU

MENU #1	Monday	Penne Pasta & Meat Sauce w Dinner Roll Green Beans Peach and/or Pear Cup Milk	Tuesday	Hamburger/Cheeseburger Lettuce/Tomato slices Curley Fries Applesauce Cup and/or Clementine Milk	Wednesday	Cheese Quesadilla Steamed Corn Apple Slices and/or Mixed Berry Cup Milk	Thursday	Nachos Refried Beans & Salsa Pear Cup and/or Orange Slices Milk	Friday	Pizza Rippers Garden Salad Clementine and/or Applesauce Milk
	MENU #2	Chicken Tenders Crinkle Fries Peach and/or Pear Cup Milk	Tuesday	Pepperoni Hot Pocket Cheesy Broccoli Applesauce Cup and/or Clementines Milk	Wednesday	Popcorn Chicken Bowl Mashed Potatoes Dinner Roll Apple Slices and/or Mixed Berry Cup Milk	Thursday	Rib-B-Que Sandwich Baked Beans Pear Cup and/or Orange Slices Milk	Friday	Cheese or Pepperoni Pizza Garden Side Salad Clementine and/or Applesauce Milk
MENU #3	Monday	Alfredo Chicken & Penne Pasta w Dinner Roll Green Beans Peach and/or Pear Cup Milk	Tuesday	Nachos Refried Beans & Salsa Applesauce Cup and/or Clementines Milk	Wednesday	Chicken Chunks Crinkle Fries Apple Slices and/or Mixed Berry Cup Milk	Thursday	Grilled Cheese Tomato Soup Pear Cup and/or Orange Slices Milk	Friday	Bosco Sticks Marinara Sauce Garden Side Salad Clementine and/or Applesauce Milk
	MENU #4	Monday	Chicken Patty Sandwich Steamed Corn Peach and/or Pear Cup Milk	Tuesday	Mac & Cheese Peas Applesauce Cup and/or Clementines Milk	Wednesday	BBQ Pulled Pork Sandwich Baked Beans Apple Slices and/or Mixed Berry Cup Milk	Thursday	Meat Ball Sub Cheesy Broccoli Pear Cup and/or Orange Slices Milk	Friday
Breakfast	Monday	Blue and Green Week: Pop Tart or Yogurt & Muffin Red and Purple Week: Muffin or Ban Choc Chunk Bar	Tuesday	Blue and Green Week: Egg & Cheese Bosco or Ultimate Breakfast Cookie Red and Purple Week: French Toast Sticks or UBC	Wednesday	Blue and Green Week: Sausage Breakfast Pizza or Cereal Bar Red and Purple Week: Bacon Bfst Pizza or Cereal Bar	Thursday	Blue and Green Week: Egg & Bacon Breakfast Slider or Coco Cherry Bar Red and Purple Week: Sausage Bagel or Coco Ch Bar	Friday	Blue and Green Week: AppleCinn Texas Toast or UBC Red and Purple Week: Cinnamon Pretzel Sticks or Ultimate Breakfast Cookie
	Monday	Fruit and/or Juice and Milk	Tuesday	Fruit and/or Juice and Milk	Wednesday	Fruit and/or Juice and Milk	Thursday	Fruit and/or Juice and Milk	Friday	Fruit and/or Juice and Milk

September-20						
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November-20						
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June-21						
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ALL STUDENT MEALS ARE FREE FOR THE 2020-2021 SCHOOL YEAR. STUDENTS MUST TAKE ALL REQUIRED MEAL COMPONENTS TO RECEIVE A FREE MEAL. FREE AND REDUCED MEAL APPLICATIONS ARE STILL REQUIRED TO QUALIFY STUDENTS FOR FEE WAIVERS, P-EBT BENEFITS AND OTHER PROGRAMS.

Lunch includes 1 main entree, 1 or 2 vegetable choices and 1 or 2 fruit choices.

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:
Child Nutrition Supervisor
419-334-5434

All meals for the remainder of the 20-21 school year will be free for all students in the district. However, meal applications are available by visiting www.lunchapp.com. If you wish to pre-pay for your students lunch in advance you can add money at 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.
This institution is an equal opportunity provider.

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