

Friedell Middle School

LUNCH MENU

May
2019

Lunch Prices

Secondary	\$2.45
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$53.90

Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

Fruit & Vegetable Selection available daily.

*Indicates item may contain pork.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

Meatless options available daily, located in the shaded areas on the menu.

The planned lunch meal provides 600-700 calories, <10% saturated fat, and 0g trans fats!

~Average gram (g) of carbohydrate

Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Whole Wheat Pancakes~47g w/Turkey Sausage~1g Breakfast Croissant~31g *Cobb Salad w/Dinner Roll~38g	2 Spaghetti w/Meat Sauce~51g Chicken Alfredo~40g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g	3 Walking Taco~28g Baja Fish Sticks~18g & Chips~28g Chef Salad w/Dinner Roll~35g
		Egg & Cheese Croissant~31g	Hummus, Flatbread, & Veggies~55g	Chef Salad w/Dinner Roll~35g
6 Hamburger/ Cheeseburger~32g Crispy Chicken Strips~16g *Cobb Salad w/Dinner Roll~38g	7 Mandarin Orange Chicken~23g w/Brown Rice~35g Cheese Bites w/Pizza Sauce~28g Chef Salad w/Dinner Roll~35g	8 Pizza Slice~34g Specialty Pizza: BBQ Chicken Pizza~49g *Cobb Salad w/Dinner Roll~35g	9 Beef & Cheese Nachos~38g Spicy Chicken Drumstick~6g w/Biscuit~30g Chef Salad w/Dinner Roll~35g	10 Chicken Sandwich~44g Italian Dunker w/Pizza Sauce~37g Chef Salad w/Dinner Roll~35g
Veggie Sub~50g	Fruit & Yogurt Pack~68g	Cheese Pizza~34g	Hummus, Flatbread, & Veggies~55g	Italian Dunker w/Pizza Sacue~37g
13 Philly Cheesesteak~50g Mini Corn Dogs~30g *Cobb Salad w/Dinner Roll~38g	14 Popcorn Chicken Bowl~69g Deli Sub~50g Chef Salad w/Dinner Roll~35g	15 Whole Wheat Pancakes~47g w/Turkey Sausage~1g Breakfast Croissant~31g *Cobb Salad w/Dinner Roll~38g	16 Spaghetti w/Meat Sauce~51g Chicken Alfredo~40g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g	17 Walking Taco~28g Baja Fish Sticks~18g & Chips~28g Chef Salad w/Dinner Roll~35g
Veggie Sub~50g	Fruit & Yogurt Pack~68g	Egg & Cheese Croissant~31g	Hummus, Flatbread, & Veggies~55g	Chef Salad w/Dinner Roll~35g
20 Hamburger/ Cheeseburger~32g Crispy Chicken Strips~16g *Cobb Salad w/Dinner Roll~38g	21 Mandarin Orange Chicken~23g w/Brown Rice~35g Cheese Bites w/Pizza Sauce~28g Chef Salad w/Dinner Roll~35g	22 Philly Cheesesteak~50g Mini Corn Dogs~30g *Cobb Salad w/Dinner Roll~38g	23 Beef & Cheese Nachos~38g Spicy Chicken Drumstick~6g w/Biscuit~30g Chef Salad w/Dinner Roll~35g	24 Chicken Sandwich~44g Italian Dunker w/Pizza Sauce~37g Chef Salad w/Dinner Roll~35g
Veggie Sub~50g	Fruit & Yogurt Pack~68g	Veggie Sub~50g	Hummus, Flatbread, & Veggies~55g	Italian Dunker w/Pizza Sacue~37g
27 No School	28 Popcorn Chicken Bowl~69g Deli Sub~50g Chef Salad w/Dinner Roll~35g	29 Whole Wheat Pancakes~47g w/Turkey Sausage~1g Breakfast Croissant~31g *Cobb Salad w/Dinner Roll~38g	30 Walking Taco~28g Cook's Choice Chef Salad w/Dinner Roll~35g	31 Pizza Slice~34g Dei Sub~50g Chef Salad w/Dinner Roll~35g
	Fruit & Yogurt Pack~68g	Egg & Cheese Croissant~31g	Chef Salad w/Dinner Roll~35g	Chef Salad w/Dinner Roll~35g

**May
2019**

Friedell Middle School BREAKFAST MENU

Breakfast Prices:

Secondary \$1.35
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$29.70

Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

*Cereal is available daily.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned lunch meal provides 400-550 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate

Menu subject to change due to product availability and weather delays/cancellations.

USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh Baked Muffin~60g Soft Filled Cinnamon Bar~40g	2 Breakfast Bread~43g Blueberry Pancakes~35g	3 Strawberry Banana Smoothie w/Graham Crackers~70g French Toast Breakfast Bar~47g
6 Egg & Cheese Sandwich~19g Chocolate Chip French Toast~35g	7 Fruit Filled Strudel~37g Chocolate Chip Banana Bread~34g	8 Fresh Baked Muffin~60g Soft Filled Cinnamon Bar~40g	9 Breakfast Bread~43g Blueberry Pancakes~35g	10 Very Berry Smoothie w/Graham Crackers~65g Oatmeal Chocolate Chip Breakfast Bar~47g
13 Egg & Cheese Sandwich~19g Chocolate Chip French Toast~35g	14 Fruit Filled Strudel~37g Chocolate Chip Banana Bread~34g	15 Fresh Baked Muffin~60g Soft Filled Cinnamon Bar~40g	16 Breakfast Bread~43g Blueberry Pancakes~35g	17 Strawberry Banana Smoothie w/Graham Crackers~70g French Toast Breakfast Bar~47g
20 Egg & Cheese Sandwich~19g Chocolate Chip French Toast~35g	21 Fruit Filled Strudel~37g Chocolate Chip Banana Bread~34g	22 Fresh Baked Muffin~60g Soft Filled Cinnamon Bar~40g	23 Breakfast Bread~43g Blueberry Pancakes~35g	24 Very Berry Smoothie w/Graham Crackers~65g Cook's Choice
27 No School	28 Chocolate Chip Banana Bread~34g Cook's Choice	29 Soft Filled Cinnamon Bar~40g Cook's Choice	30 Breakfast Bread~43g Cook's Choice	31 Strawberry Banana Smoothie w/Graham Crackers~70g Cook's Choice