



Fremont Middle School

March 2024



Made to Order Deli Sandwiches

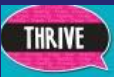
on fresh baked sub roll.

Choose from: Turkey, Ham, Cheeses and these veggies: lettuce, spinach, tomato, bell pepper, red onion, black olives, jalapeno pepper, pepperoncini & pickles.

All sandwiches include the Thrive Garden Bar.

Everyday Breakfast Choices: Ham & cheese or egg & cheese on an english muffin, sausage & cheese on a biscuit, breakfast round, bagel w/cream cheese, yogurt parfait, hot oatmeal, cold cereal, toast, fruit and 1% or skim milk.

				Breakfast 3/1 Baked Pastry Lunch Cheesy Breadsticks W/Marinara
Breakfast 3/4 Cini Minis Lunch Orange Chicken W/Brown Rice	Breakfast 3/5 Pancake Bites Lunch Bacon Cheeseburger W/Potato Wedges	Breakfast 3/6 Blueberry Bread Lunch Chicken Strips W/Tots & WG Roll	Breakfast 3/7 Waffles & Sausage Lunch Hamburger Gravy W/Mash Potatoes & WG Roll	Breakfast 3/8 Baked Pastry Lunch Fish & Chips W/ WG Roll
Breakfast 3/11 Cini Bun Lunch Frito Pie	Breakfast 3/12 French Toast & Sausage Lunch Meatball Sub W/ Potato Wedges	Breakfast 3/13 Pancake Bites Lunch Corn Dog W/Tots	Breakfast 3/14 Biscuits & Gravy Lunch Chicken Bacon Ranch Sub W/Potato Wedges	Breakfast 3/15 Baked Pastry Lunch Riblet Sandwich W/Tots
Breakfast 3/18 Fruit Frudel Lunch Hot Dog W/ Potato Wedges	Breakfast 3/19 Pancake Bites Lunch Grilled Cheese W/Soup	Breakfast 3/20 Churros Lunch Ham & Cheese Melt W/Tots	Breakfast 3/21 Baked Pastry Lunch BBQ Pork Sandwich W/Potato Wedges	3/22 NO SCHOOL
3/25 SPRING BREAK	3/26 SPRING BREAK	3/27 SPRING BREAK	3/28 SPRING BREAK	3/29 SPRING BREAK



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES Fresh garden salad greens plus fruits & vegetables, in an inviting variety. Low fat (1%), Skim & fat free chocolate milk is included with all lunches. All grains offered are Whole Grain.



Great Variety & Healthy

Choices: Grab & Go salads, wraps & sandwiches. Meal includes the Thrive Garden Bar.



EVERYDAY CHOICES

Hamburger, Cheeseburger, Chicken Sandwich & Spicy Chicken Sandwich

All sandwiches are served on buns, with oven baked potatoes & the Thrive Garden Bar.



EVERYDAY CHOICES

Build your own Nachos, Tacos & Burritos from: corn chips, whole grain tortilla, taco beef, fajita chicken, refried beans, cheese sauce, lettuce, tomatoes, olives, onions, jalapeno peppers, shredded cheese, pepperoncinis, salsa & sour cream. Meal includes the Thrive Salad Bar.



EVERYDAY PIZZA CHOICES

Cheese & Pepperoni

Specialty Pizzas:

Tues - Veggie

Wed - Hawaiian

Thurs - Chicken, Bacon Ranch

Meal includes the Thrive Salad Bar.

Meal Prices: Breakfast & Lunch-one free meal type per day for all students.

Adult Breakfast \$2.50 Lunch \$3.60

This institution is an equal opportunity provider.