



Summer Bridge Lunch Menu

July 2026

Serving Times | Monday–Friday

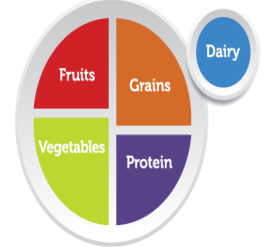
Freshman Academy

11:15am-12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Spicy Chicken Tenders w/ Mac & Cheese or Sausage Pizza Whole Grain Crust Condiments Side Vegetables Fruit Selections 1% White or Fat-Free	7 Meatball Sub w/ Fries or Deli Sub Whole Grain Bun Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	8 Walking Taco or Buffalo Chicken Wrap Whole Grain Wrap Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	9 Pork Carnitas Tacos w/ Rice & Beans or Deli Sub Whole Grain Bun Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	10 Chicken Wings *Buffalo or BBQ w/ Celery & Carrots or Cheese Pizza Whole Grain Crust Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk
13 Mini Corndogs w/ Fries or Chicken Ceaser Wrap Whole Grain Wrap Condiments Side Vegetables Fruit Selections 1% White or Fat-Free	14 Oven Fried Chicken Meal or Deli Sub Whole Grain Bun Condiments Side Vegetables Fruit Selections 1% White or Fat-Free	15 Cheeseburger Sliders w/ Fries or Pepperoni Pizza Whole Grain Crust Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	16 Chicken Tinga Tacos w/ Rice & Beans or Deli Sub Whole Grain Bun Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	17 Baked Ravioli w/ Garlic Bread or Ranch Chicken Wrap Whole Grain Wrap Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk
20 Chicken Wings *Buffalo or BBQ w/ Celery & Carrots or Cheese Pizza Whole Grain Crust Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	21 BBQ Pulled Pork Sandwich & Fries or Deli Sub Whole Grain Bun Condiments Side Vegetables Fruit Selections 1% White or Fat-Free	22 Spicy Chicken Tenders w/ Mac & Cheese or B.L.T.A. Wrap Whole Grain Crust Condiments Side Vegetables Fruit Selections 1% White or Fat-Free	23 Walking Taco or Grilled Chicken Sandwich w/ LTO Whole Grain Bun Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk	24 Quesadilla w/ Rice & Beans or Sausage Pizza Whole Grain Crust Condiments Side Vegetables Fruit Selections 1% White or Fat-Free Chocolate Milk

*Alternate choices:
Ask about our
Daily Chef's specials*

We offer all five meal components!



***Offer Verses Served**
We offer grains, proteins, fruits, vegetables, and choice of milk
Choose at least 3 of the 5 for a student meal and include a fruit
Or vegetable selection with your meal.*

Mondays

Baby Carrots w/ Ranch
Coleslaw
Orange
Slushie Cup

Tuesdays

Cucumber w/ Lime
Elote Salad
Apple
Fruit Cup

Wednesdays

Celery Sticks w/ Ranch
Pasta Salad
Melons
100% Fruit Juice

Thursdays

Cucumber w/ Lime
Elote Salad
Apple
Mango w/ Tajin

Fridays

Baby Carrots w/ Ranch
Coleslaw
Melons
Slushie Cup

*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability.