

Freeburg Elementary School

This Institution is a equal pportunity Provider.
Menus subject to change.

* indicates item contains Pork
(Ham items offered are turkey based)

Monday, November 2

No School

Tuesday, November 3

No School

Wed., November 4

Breakfast
Mini Cinnis

Lunch

- Cheeseburger
- Turkey & Bacon Club
- on Pretzel Bun *
- Chef Salad & Bosco Stick
- Deli Sandwich
- French Fries
- Chilled Peaches
- Cold Milk

Thursday, November 5

Breakfast
Sausage Biscuit*

Lunch

- Chicken Nuggets & Macaroni with Cheese
- Sloppy Joe Sandwich
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Green Beans
- Chilled Peaches
- Cold Milk

Friday, November 6

Breakfast
Strawberry Cream
Cheese Bagel

Lunch

- Soft Beef Tacos
- Cheesy Fish Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Ranchero Beans
- Fresh Apple
- Cold Milk

Monday, November 9

Breakfast
Cinnamon Toast Crunch
Muffin

Lunch

- Corn Dog
- Breaded Chicken Sandwich
- Popcorn Chicken Salad
- Bosco Stick
- Deli Sandwich
- Peas & Carrots
- Mixed Fruit
- Cold Milk

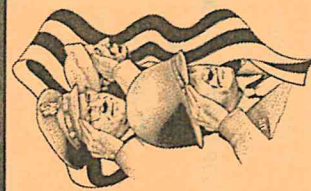
Tuesday, November 10

Breakfast
Strawberry Pancakes
& Syrup

Lunch

- Sausage, Egg & Cheese Croissant*
- Chicken Quesadilla
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Tator Tots
- Blue Raspberry Applesauce
- Cold Milk

Wed., November 11



Veteran's Day
No School
Today

Thursday, November 12

Breakfast
Pop Tarts

Lunch

- Popcorn Chicken & Roll
- Meatball Sandwich
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Emoji Potatoes
- Orange Smiles
- Cold Milk

Friday, November 13

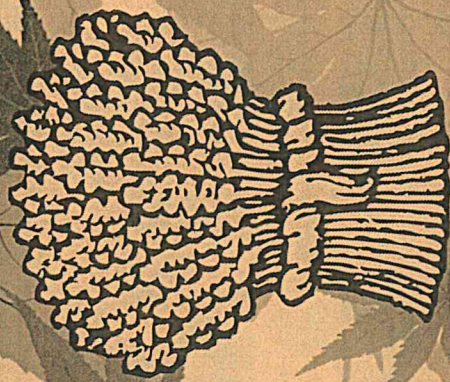
Breakfast
French Toast Sticks & Syrup

Lunch

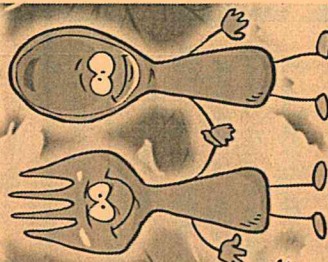
- Toasted Ravioli & Bosco Stick
- Grilled Chicken Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Sweet Corn
- Chilled Peaches
- Cold Milk

AVAILABLE DAILY

We offer General Mills
Cereal and Cereal Bars
as additional
Entrée choices.
Breakfast includes
milk, fruit and
juice choice.



THE FAMILY THAT EATS
TOGETHER.



Family meals don't just
improve kids' nutrition -
eating together also helps
boost social skills and
increase kids' appreciation
for the value of food and the
effort needed to fix meals.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Monday, November 16

Breakfast
Cinnamon Roll
Lunch
-Mozzarella Sticks & Dipping Sauce
-Hot Dog on Bun
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Frozen Juice Cup
Cold Milk

Tuesday, November 17

Breakfast
Yogurt Parfait & Nutri-Grain Bar
Lunch
-Chicken Strips & Mini Waffles
-Toasted Cheese Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Green Beans
Mixed Fruit
Cold Milk

Wed., November 18

Breakfast
Sausage & Cheese
English Muffin
Lunch
-Queso Chicken Nachos
-Hamburger on Bun
-Chef Salad & Bosco Stick
-Deli Sandwich
Cheesy Refried Beans
Chilled Pears
Cold Milk

Thursday, November 19

Breakfast
Cheesy Scrambled Eggs & Biscuit
Lunch
Orange Chicken & Fried Rice
-BBQ Ribette Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Steamed Broccoli
Chilled Pineapple
Fortune Cookie
Cold Milk

Friday, November 20

Breakfast
Pancake Sausage Sandwich
Lunch
Thanksgiving Lunch
-Turkey & Gravy with Roll
-Sloppy Joe Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Mashed Potatoes & Gravy
Sweet Craisins
Pumpkin Bar with Cool Whip
Cold Milk

Monday, November 23

Breakfast
Breakfast Pizza*
Lunch
-French Toast Sticks & Sausage*
-Turkey & Cheese Wrap
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Pears
Gogurt Yogurt
Cold Milk

Tuesday, November 24

Breakfast
Cinnamon Cream Cheese
Bagel
Lunch
-Hot & Spicy Chicken Sandwich
-Pretzel Dog
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baked Beans
Mixed Fruit
Cold Milk

Wednesday, November 25

Breakfast
Cinnamon Cream Cheese
Bagel
Lunch
-Hot & Spicy Chicken Sandwich
-Pretzel Dog
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baked Beans
Mixed Fruit
Cold Milk

Thursday, November 26

Breakfast
Cinnamon Cream Cheese
Bagel
Lunch
-Hot & Spicy Chicken Sandwich
-Pretzel Dog
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baked Beans
Mixed Fruit
Cold Milk

Friday, November 27

Breakfast
Cinnamon Cream Cheese
Bagel
Lunch
-Hot & Spicy Chicken Sandwich
-Pretzel Dog
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baked Beans
Mixed Fruit
Cold Milk

Thanksgiving

ENJOY YOUR HOLIDAY! SEE YOU MONDAY!

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, November 30

Breakfast
Yogurt Cup
& Cinnamon Toast
Lunch
-Pepperoni Pizza*
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

