Artificial Ingredients, Additives, Preservatives

High Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh NEVER frozen

**** 4-Star School Lunch Provider

LUNCH IS AVALIABLE TO ALL STUDENTS AT NO COST

organiclife smart foodservice

November 2026 Lunch Menu
Heritage & Freedom MS

BERWYN SOUTH SCHOOL DISTRICT 100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 No School	4 WG Meatball Sub Melt Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	5 BYO Burger Bar Seasonal Farm Veggies Fresh Picked Fruit Ice Cold Milk	6 WG Beef Enchiladas Seasonal Farm Veggies Fresh Picked Fruit Ice Cold Milk
9 Chicken Fajita Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	10 Taco Tuesday!!!! Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	11 Chef's Choice!!!! Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	12 4 -Star Mac & Cheese WG Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	13 WG OL Nachos Supreme Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk
16 SalchiPapas Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	17 WG Taco Tuesday Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	18 WG Mia Pasta Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	19 BYO Chicken Sandwich Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	20 WG Walking Tacos Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk
23 Chef's Choice!!!! Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	24 Chef's Choice!!!! Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break
30 Chicken Teriyaki Stir Fry Rice Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk				

Daily Middle School Lunch Choices:

Luigis Pizza
-Cheese
-Pepperoni
-Pizza of the Day

MmmBurger Grill
-Homestyle Chicken Sandwich
-Spicy Chicken Sandwich
-Cheeseburger

-Sun Butter and Jelly Sandwich

-Grab & Go Salads

- Deli Subs/ Wraps

Milk Choices:
1% White
Or
Fat Free
Chocolate

Menu Subject to Change

In accordance with Federal law and United States Department of Agriculture Policy,this institution is prohibited from discriminating on the basis of race, color, nationalorigin, sex, age, and disability.