

FREMONT PUBLIC SCHOOL

LUNCH MENU

* Entree served as a choice at Middle & Senior High

*** Ice Cream Treat

Menu subject to change without notice

MONDAY, FEBRUARY 1, 2010

Wiener on a Bun... with Catsup and Mustard

* or Chicken Noodle Soup with Crackers

Oven Baked French Fries

Apple Slices with Cinnamon and Sugar

Chocolate Chip Cookie

Milk or Chocolate Milk

MONDAY, FEBRUARY 8, 2010

Chicken Nuggets with Special Sauce

*or Egg, Ham and Cheese

Corn

Sliced Apples with Cinnamon and Sugar

Peanut Butter Cookie

Milk or Chocolate Milk

TUESDAY, FEBRUARY 2, 2010

Taco Casserole (Seasoned Beef, Cheese, Lettuce, Salsa, Corn Chips)

* or Breaded Chicken Pattie on a Bun

Peas

Sliced Peaches

Fruit Punch

Milk or Chocolate Milk

TUESDAY, FEBRUARY 9, 2010

Deli Ham and Cheese on a Bun

* or Chili with Crackers

Oven Baked Potato Rounds/Catsup

Sliced Pears

Pretzels

Milk or Chocolate Milk

WEDNESDAY, FEBRUARY 3, 2010

Meatball in Tomato Sauce

* or Breaded Chicken

Whipped Potatoes/Gravy

Corn

Mandarin Oranges

Dinner Roll

Milk or Chocolate Milk

WEDNESDAY, FEBRUARY 10, 2010

Spaghetti with Meat Sauce

* or Breaded Beef Sticks with Marinara Sauce

Peas

Sliced Peaches

Cinnie Minnie

Milk or Chocolate Milk

*** Ice Cream Treat... Milliken Park Elementary

THURSDAY, FEBRUARY 4, 2010

Popcorn Chicken with Special Sauce

* or Zesty Cheese Roll with Marinara Sauce

Sliced Pears

Green Beans

Peanut Butter and Jelly on Bread

Milk or Chocolate Milk

*** Ice Cream Treat ... Linden Elementary

THURSDAY, FEBRUARY 11, 2010

Rib Pattie on Bun

* or "Walking" Taco (Beef, Cheese & Chips)

Mixed Vegetables

Oven Baked Tri Potato/Catsup

Sweetheart Cake

Milk or Chocolate Milk

FRIDAY, FEBRUARY 5, 2010

Seasoned Chicken Fajita on a Bun

* or Fiestada

Oven Baked Potato Rounds/Catsup

Fruit Cocktail

Lettuce Salad with Dressing

Milk or Chocolate Milk

FRIDAY, FEBRUARY 12, 2010

Deli Turkey and Cheese on a Bun

* Breaded Chicken Pattie on a Bun

Green Beans

Fruit Punch

Lettuce Salad with Dressing

Milk or Chocolate Milk