

# FREMONT PUBLIC SCHOOL

## LUNCH MENU

Menu subject to change without notice

\* Entree served as a choice at Middle School & Senior High

### MONDAY, MARCH 15, 2010

Flamebroil Beef Pattie on a Bun... Mustard & Pickles

\* or Breaded Chicken Pattie on a Bun

Oven Baked French Fried Potatoes... Catsup

Mandarin Oranges

Sugar Cookie

Milk or Chocolate Milk

### TUESDAY, MARCH 16, 2010

Chicken Enchilada (Chicken, Cheese, Sauce in a Tortilla Shell)

\* or Burrito with Spicy Cheese

Oven Baked Potato Rounds/Catsup

Blueberry Fluff

Baked Pretzels

Milk or Chocolate Milk

### WEDNESDAY, MARCH 17, 2010

Breaded Hamburger

\* or Seasoned Meatballs

Whipped Potatoes/Gravy

Green Beans

Baby Carrots

Dinner Roll

Milk or Chocolate Milk

### THURSDAY, MARCH 18, 2010

Spaghetti with Meat Sauce

\* or Rib Pattie on a Bun

Corn

Peaches

Cheese Bread

Milk or Chocolate Milk

### FRIDAY, MARCH 19, 2010

Cheese Pizza

\* or Breaded Chicken Pattie on a Bun

Apple Slices with Cinnamon and Sugar

Lettuce Salad

Peanut Butter with Jelly on Bread

Milk or Chocolate Milk

### TUESDAY, MARCH 30, 2010

Deli Ham and Cheese on a Bun

\* or Rib Pattie on a Bun

Oven Baked Tri Potatoes/ Catsup

Sliced Pears

Fruit Punch

Milk or Chocolate Milk

### Monday, March 22, 2010

Breaded Chicken Nuggets... with Sauce

\* or Mini Corn Dogs...Catsup and Mustard

Peas

Pears

Peanut Butter Cookie

Milk or Chocolate Milk

### Tuesday, March 23, 2010

Taco Casserole (Ground Beef, Lettuce, Cheese, Taco Chips)

\* or BBQ Pork on a Bun

Mixed Vegetables

Sliced Pears

Baked Goldfish Crackers

Milk or Chocolate Milk

### Wednesday, March 24, 2010

Turkey Roast Diced in Broth

\* or Smokies

Whipped Potatoes/Gravy

Apple Slices with Cinnamon and Sugar

Corn

Hot Bread Stick

Milk or Chocolate Milk

### Thursday, March 25, 2010

French Toast Sticks/Syrup/Sausages/Cheese

\* or Beef Sticks with Pizza Dippin Sauce

Oven Baked Tri Potato/Catsup

Mandarin Oranges

Donut Holes

Milk or Chocolate Milk

### Friday, March 26, 2010 No School

### MONDAY, MARCH 29, 2010

Mini Corn Dogs...Catsup and Mustard

\* or Sweet and Sour Chicken over Rice

Mixed Vegetables

Sliced Peaches

Chocolate Chip Cookie

Milk or Chocolate Milk

### WEDNESDAY, MARCH 31, 2010

Chicken Fried Hamburger

\* or Hot Turkey Slices

Whipped Potatoes/Gravy

Green Beans

Mini Carrots/Dinner Roll

Milk or Chocolate Milk