

Freedom Middle School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

-  **Popcorn Chicken with Mac and Cheese** 474 cal
-  **Chicken Waffles sandwich** 377 cal
-  **Black Forest Ham & Cheddar Sandwich** 290 cal
-  **Breaded Mozzarella Sticks** 411 cal
-  **Mango Splash Vegetable Juice** 60 cal
-  **Harvest Treats Veg Juice** 50 cal
-  **Shredded Lettuce Cup** 10 cal
-  **Harvest Treats Veg Juice - SD** 50 cal
-  **Strawberry Cup** 80 cal
-  **Applesauce, Strawberry 4.5 oz** 50 cal

6

-  **Philly Cheese Steak Sandwich** 605 cal
-  **Philly Cheese Steak Peppers & Onions Sandwich** 612 cal
-  **Nachos with Carne Asada & Cheese** 516 cal
-  **Butterball Turkey Hot Dog on WG Bun** 270 cal
-  **Eisenberg Beef Hot Dog on WG Bun** 320 cal
-  **Grilled Cheese Sandwich** 309 cal
-  **Sweet Waffle Potato** 150 cal
-  **Seasoned Black Beans** 144 cal
-  **Pinto Beans, 1/2 cup** 163 cal
-  **Pinto Beans** 163 cal
-  **Applesauce, Birthday Cake 4.5 oz** 70 cal
-  **Applesauce, Blue Razzleberry 4.5 oz** 50 cal

7

-  **Buffalo Chicken Wings, 4 each** 462 cal
-  **Ranch Chicken Wings, 4 each** 473 cal
-  **WG Cheese Pizza** 376 cal
-  **WG Pepperoni Pizza** 403 cal
-  **PBJ Sandwich w/ Goldfish Crackers & Cheese** 470 cal
-  **Sweet Brazilian Bun** 170 cal
-  **Seasoned Crispy Fries** 81 cal
-  **Celery Sticks 1/2 c.** 60 cal
-  **Harvest Treats Veg Juice - SD** 50 cal
-  **Pineapple, Wedges Frozen** 30 cal
-  **Peach Cup** 90 cal
-  **Fresh Apple Slices** 30 cal
-  **Orange Wedges** 76 cal

8

-  **Chicken Tenders with Sweet Brazilian Bun, MS/HS** 400 cal
-  **Breaded Drumstick with Sweet Brazilian Bun** 380 cal
-  **Turkey Sausage & Cheese on Hamburger Bun** 271 cal
-  **Potatoes, Mashed** 70 cal
-  **Fresh Cold Broccoli Salad** 141 cal
-  **Banana, fresh** 146 cal
-  **Tangelos, Fresh** 47 cal
-  **Red Delicious Apple** 75 cal
-  **Fruit Juice Blend** 60 cal
-  **Apple Juice** 60 cal

9

-  **Tangerine Chicken** 219 cal
-  **Asian Teriyaki Chicken** 180 cal
-  **WG Cheese Pizza** 376 cal
-  **Tomato and Basil Bianca Pizza** 429 cal
-  **Bento Box with Pepperoni & Cheese** 349 cal
-  **Vegetable Fried Brown Rice, 1/2 cup** 140 cal
-  **Mandarin Carrot Slaw** 67 cal
-  **Italian Blend Vegetables** 71 cal
-  **Pineapple, Wedges Frozen** 30 cal
-  **Banana, fresh** 146 cal
-  **Tangelos, Fresh** 47 cal
-  **Red Delicious Apple** 75 cal
-  **Golden Delicious Apple** 75 cal
-  **Fresh Tangerine** 40 cal

12

No menu published

13

-  **Turkey Sausage & Cheese on Croissant** 321 cal
-  **Breaded Mozzarella Sticks** 400 cal
-  **Seasoned Black Beans** 144 cal
-  **Applesauce, Strawberry 4.5 oz** 50 cal
-  **Applesauce, Cinnamon 4.5 oz** 90 cal

14

-  **BBQ Chicken Drumstick** 227 cal
-  **Breaded Chicken Sandwich** 340 cal
-  **Spicy Breaded Chicken Sandwich** 340 cal
-  **Dinner Roll** 110 cal
-  **24 Hour Zesty Pickles** 41 cal
-  **Garlic Spinach** 94 cal
-  **Pineapple, Wedges Frozen** 30 cal
-  **Peach Cup** 90 cal

15

-  **Spaghetti w/ Meatballs** 384 cal
-  **PBJ Sandwich w/ Goldfish Crackers & Cheese** 470 cal
-  **Dark Green Side Salad** 21 cal
-  **Fresh Apple Slices** 30 cal
-  **Banana, fresh** 146 cal

16

-  **Hamburger, 3.0 oz** 375 cal
-  **Cheeseburger** 410 cal
-  **Impossible Burger** 311 cal
-  **WG Cheese Pizza** 426 cal
-  **WG Pepperoni Pizza** 403 cal
-  **Lettuce & Tomato Cup** 16 cal
-  **Seasoned Crispy Fries** 81 cal
-  **Pineapple, Wedges Frozen** 30 cal
-  **Peach Cup** 90 cal

19

-  **Chicken Waffles sandwich** 354 cal
-  **Breaded Mozzarella Sticks** 400 cal
-  **Fresh Steamed Broccoli** 54 cal
-  **Strawberry Cup** 80 cal
-  **Applesauce, Strawberry 4.5 oz** 50 cal

20

-  **Seasoned Rice Cuban Style Mojo Pork Bowl** 371 cal
-  **Grilled Cheese Sandwich** 309 cal
-  **Sweet Plantain Slices** 262 cal
-  **Celery Sticks 1/2 c.** 60 cal
-  **Pineapple, Wedges Frozen** 30 cal
-  **Peach Cup** 90 cal

21

-  **Buffalo Chicken Wings, 4 each** 455 cal
-  **WG Cheese Pizza** 426 cal
-  **WG Pepperoni Pizza** 403 cal
-  **Sweet Brazilian Bun** 170 cal
-  **Sweet Waffle Potato** 150 cal
-  **Seasoned Black Beans** 144 cal
-  **Fresh Apple Slices** 30 cal
-  **Orange Wedges** 76 cal

22

-  **Breaded Drumstick with Sweet Brazilian Bun** 380 cal
-  **Turkey Sausage & Cheese on Hamburger Bun** 271 cal
-  **Potatoes, Mashed** 48 cal
-  **Mango Splash Vegetable Juice** 60 cal
-  **Banana, fresh** 146 cal
-  **Red Delicious Apple** 75 cal

23

-  **Asian Teriyaki Chicken** 180 cal
-  **Turkey Sausage & Cheese on Biscuit** 321 cal
-  **Brown Rice** 109 cal
-  **Mandarin Carrot Slaw** 67 cal
-  **Tomato Dippers** 25 cal
-  **Fresh Apple Slices** 30 cal
-  **Golden Delicious Apple** 75 cal

26

-  **Breaded Mozzarella Sticks** 400 cal
-  **Mango Splash Vegetable Juice** 60 cal
-  **Strawberry Cup** 80 cal
-  **Applesauce, Strawberry 4.5 oz** 50 cal

27

-  **California Chicken Burrito** 454 cal
-  **Grilled Cheese Sandwich** 309 cal
-  **Salsa Dipping Cup** 25 cal
-  **Celery Sticks 1/2 c.** 60 cal
-  **Pineapple, Wedges Frozen** 30 cal

28

-  **BBQ Chicken Drumstick** 227 cal
-  **PBJ Sandwich w/ Goldfish Crackers & Cheese** 470 cal
-  **Brown Rice** 109 cal
-  **Lettuce & Tomato Cup** 16 cal
-  **Seasoned Black Beans** 144 cal
-  **Diced Pear Cup** 70 cal
-  **Strawberry Cup** 80 cal

29

-  **Sandwich, Meatball Sub** 458 cal
-  **Impossible Burger** 311 cal
-  **Garlic Spinach** 94 cal
-  **Fresh Apple Slices** 30 cal
-  **Banana, fresh** 146 cal

30

-  **Seasonal Shaped Nuggets w/Sweet Brazilian Bun** 350 cal
-  **Breaded Chicken Sandwich** 340 cal
-  **Spicy Breaded Chicken Sandwich** 340 cal
-  **Seasoned Crispy Fries** 81 cal
-  **Coleslaw** 130 cal
-  **Pineapple, Wedges Frozen** 30 cal
-  **Banana, fresh** 146 cal

Served every day

-  **Assorted Milk**