

Freedom Middle School

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Chicken Corn Dog 250 cal
 - Sandwich, Cheese Croissant 330 cal
 - Black Forest Ham & Cheddar Sandwich 290 cal
 - Fresh Steamed Broccoli 54 cal
 - Mango Splash Vegetable Juice 60 cal
 - Harvest Treats Veg Juice 50 cal
 - Diced Pear Cup 70 cal
 - Diced Peach Cup 70 cal
 - Mix Fruit Cup 80 cal

- 6**
- Breaded Chicken Tenders, K-8 280 cal
 - Pork Rib Sandwich, Onion Rings & Pickles 620 cal
 - Sandwich, PBJ 5.3 oz 600 cal
 - PBJ, 2.6 oz & Cheese 380 cal
 - Seasoned Crispy Fries 81 cal
 - Cucumber Dippers with Ranch Dressing 61 cal
 - Orange Wedges 76 cal
 - Fresh Apple Slices 30 cal
 - Fresh Tangerine 40 cal
 - Red Delicious Apple 75 cal
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Applesauce, Cinnamon 4.5 oz 90 cal

- 7**
- Chicken Wings, 4 each 418 cal
 - Turkey & American on Bun 251 cal
 - Sweet Brazilian Bun 170 cal
 - Steamed Carrots 69 cal
 - Coleslaw 130 cal
 - Red Delicious Apple 75 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Applesauce, Cinnamon 4.5 oz 90 cal
 - Applesauce 4.5 oz 60 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal

- 1**
- Four Cheese Pizza Wedge 330 cal
 - Fresh Steamed Broccoli 54 cal
 - Fresh Apple Slices 30 cal

- 2**
- Breaded Chicken Tenders, K-8 280 cal
 - Tater Tots 113 cal
 - Peach Cup 90 cal

- 8**
- Stuffed Cheesy Breadstick 300 cal
 - Rotisserie Chicken and Cheese Sandwich 280 cal
 - Fresh Broccoli Dippers with Ranch Dressing 60 cal
 - Dark Green Side Salad 21 cal
 - Pineapple, Wedges Frozen 30 cal
 - Fresh Tangerine 40 cal
 - Red Delicious Apple 75 cal
 - Fresh Apple Slices 30 cal
 - Banana, fresh 146 cal
 - Orange Wedges 76 cal

- 9**
- Hamburger, 2.0 oz 304 cal
 - Cheeseburger 339 cal
 - Turkey & American Sub 311 cal
 - Tater Tots 113 cal
 - Mandarin Carrot Slaw 67 cal
 - Carrot Dippers with Ranch Dressing 81 cal
 - Pineapple, Wedges Frozen 30 cal
 - Fresh Tangerine 40 cal
 - Red Delicious Apple 75 cal
 - Fresh Apple Slices 30 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

No menu published

- 13**
- Popcorn Chicken 261 cal
 - Tater Tots 113 cal
 - Diced Peach Cup 70 cal

- 14**
- Breaded Mozzarella Sticks 400 cal
 - Fresh Apple Slices 30 cal

- 15**
- Turkey Sausage & Cheese on Croissant 321 cal
 - Steamed Carrots, 1/2 cup 70 cal
 - Fresh Apple Slices 30 cal

- 16**
- Four Cheese Pizza Slice 330 cal
 - Fresh Steamed Broccoli 54 cal
 - Banana, fresh 146 cal

- 19**
- Chicken Nuggets with Sweet Brazilian Bun 437 cal
 - Green Beans 49 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

- 20**
- Cheese Pizza Rippers 260 cal
 - Fruit Juice Blend 60 cal

- 21**
- Chicken Corn Dog 250 cal
 - Fresh Broccoli Dippers with Ranch Dressing 60 cal
 - Red Delicious Apple 75 cal

- 22**
- Popcorn Chicken 261 cal
 - Sweet Waffle Potato 150 cal
 - Fresh Tangerine 40 cal

- 23**
- Butterball Turkey Hot Dog on WG Bun 270 cal
 - Tater Tots 113 cal
 - Strawberry Cup 80 cal

- 26**
- Breaded Chicken Tenders, K-8 230 cal
 - Tater Tots 113 cal
 - Diced Peach Cup 70 cal

- 27**
- Hamburger, 2.0 oz 304 cal
 - Cheeseburger 339 cal
 - Sweet Waffle Potato 150 cal
 - Fresh Apple Slices 30 cal

- 28**
- Chicken Wings, 4 each 418 cal
 - Sweet Brazilian Bun 170 cal
 - Fresh Broccoli Dippers with Ranch Dressing 60 cal
 - Fresh Tangerine 40 cal

- 29**
- Stuffed Cheesy Breadstick 300 cal
 - Fresh Apple Slices 30 cal

- 30**
- Popcorn Chicken 261 cal
 - Seasoned Crispy Fries 81 cal
 - Strawberry Cup 80 cal

Served every day

Assorted Milk