



Middle School Lunch  
Lunch

Fremont County School District #1

Mon	Tue	Wed	Thu	Fri
8/22/2022	8/23/2022	8/24/2022	8/25/2022	8/26/2022
<b>Main Entree</b> Chicken Nuggets Cheeseburger <b>Grain</b> Granola Bar Quaker <b>Vegetable</b> Potato Fries Fresh Veggies <b>Fruit</b> Fresh Fruit Canned Fruit	<b>Main Entree</b> Burrito Bean & Cheese Beef Hotdog <b>Vegetable</b> Salsa Refried Beans Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Ravioli w/ Sauce WG Pizza- 4x6 Pepperoni <b>Grain</b> Garlic Bread WG <b>Vegetable</b> Country Blend Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Broccoli Cheese Soup BBQ Pork Rib Sandwich <b>Grain</b> Dinner Roll <b>Vegetable</b> Peas & Carrots Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> BBQ Chicken Drumstick Turkey Pepper Jack Croissant <b>Grain</b> Brown Rice <b>Vegetable</b> Vegetable Mix 5-way Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit
8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022
<b>Main Entree</b> Mac & Cheese Meatball Sub Sandwich <b>Grain</b> Dinner Roll <b>Vegetable</b> Broccoli Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Taco, Beef (6-8) Corn Dog LF WG <b>Vegetable</b> Corn, frozen Salsa Cup 3 oz Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Breaded Chicken Strips WG Pizza Ripper Ham & Cheese <b>Vegetable</b> Baked Beans Coleslaw Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Lasagna Roll Ups Fish Sandwich <b>Vegetable</b> Carrot, Frozen Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Pretzel & Cheese (6-8) All American Sub <b>Vegetable</b> Green Beans Fresh Veggies Tomato, Sliced Lettuce, Romaine <b>Fruit</b> Canned Fruit Fresh Fruit
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
	<b>Main Entree</b> Chicken Fajita (6-8) Calzone <b>Vegetable</b> Black Bean Salsa Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Chicken Pot Pie WG Pizza- 4x6 Pepperoni <b>Vegetable</b> Country Blend Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Chicken Tortilla Soup (6-12) Sloppy Joe (6-8) <b>Grain</b> Scoops Tortilla Chip <b>Vegetable</b> Peas & Carrots Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit	<b>Main Entree</b> Potato Bar Cheese Hot & Spicy Chicken Sandwich <b>Grain</b> Dinner Roll <b>Vegetable</b> Vegetable Mix 5-way Fresh Veggies <b>Fruit</b> Canned Fruit Fresh Fruit



Mon	Tue	Wed	Thu	Fri
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
<b>Main Entree</b> Country Pork & Gravy Meatball Sub Sandwich	<b>Main Entree</b> Enchilada Mini Corn Dog	<b>Main Entree</b> Cheese Bites Mozzarella BBQ Chicken Sandwich (6-8)	<b>Main Entree</b> Spaghetti and Meat Sauce Roast Beef Sub	<b>Main Entree</b> Teriyaki Chicken & Rice (GF) 6-8 Egg Salad Croissant Sandwich
<b>Vegetable</b> Broccoli Fresh Veggies	<b>Vegetable</b> Corn, frozen Fresh Veggies	<b>Vegetable</b> Baked Beans Coleslaw Fresh Veggies	<b>Grain</b> Garlic Bread WG	<b>Grain</b> Vegetable Egg Roll
<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Vegetable</b> Carrot, Frozen Fresh Veggies	<b>Vegetable</b> Vegetable Blend Oriental Fresh Veggies
<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
<b>Main Entree</b> Chicken Nuggets Cheeseburger	<b>Main Entree</b> Burrito Bean & Cheese Beef Hotdog	<b>Main Entree</b> Ravioli w/ Sauce WG Pizza- 4x6 Pepperoni	<b>Main Entree</b> Broccoli Cheese Soup BBQ Pork Rib Sandwich	<b>Main Entree</b> BBQ Chicken Drumstick Turkey Pepper Jack Croissant
<b>Grain</b> Cheez- It Crackers	<b>Vegetable</b> Salsa Refried Beans Fresh Veggies	<b>Grain</b> Garlic Bread WG	<b>Grain</b> Dinner Roll	<b>Grain</b> Brown Rice
<b>Vegetable</b> Potato Fries Fresh Veggies	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Vegetable</b> Country Blend Fresh Veggies	<b>Vegetable</b> Peas & Carrots Fresh Veggies	<b>Vegetable</b> Vegetable Mix 5-way Fresh Veggies
<b>Fruit</b> Fresh Fruit Canned Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
<b>Main Entree</b> Mac & Cheese Meatball Sub Sandwich	<b>Main Entree</b> Taco, Beef (6-8) Corn Dog LF WG	<b>Main Entree</b> Breaded Chicken Strips WG Pizza Ripper Ham & Cheese	<b>Main Entree</b> Lasagna Roll Ups Fish Sandwich	<b>Main Entree</b> Pretzel & Cheese (6-8) All American Sub
<b>Grain</b> Dinner Roll	<b>Vegetable</b> Corn, frozen Salsa Cup 3 oz Fresh Veggies	<b>Vegetable</b> Baked Beans Coleslaw Fresh Veggies	<b>Vegetable</b> Carrot, Frozen Fresh Veggies	<b>Vegetable</b> Green Beans Fresh Veggies Tomato, Sliced Lettuce, Romaine
<b>Vegetable</b> Broccoli Fresh Veggies	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit
<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit	<b>Fruit</b> Canned Fruit Fresh Fruit