

February 2020

FREEDOM HIGH SCHOOL

LUNCH



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Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate

Monday

Orange Chicken **3**
Rice Bowl

Tuesday

Grilled Ham & Cheese **4**
w/chips

Wednesday

(2) Soft tacos **5**

Thursday

Chicken Alfredo w/roll **6**

Friday

Teriyaki Chicken **7**
Noodle Bowl

Orange Chicken **10**
Rice Bowl

Grilled Ham & Cheese **11**
w/chips

(2) Soft tacos **12**

Chicken Alfredo w/roll **13**

HOLIDAY **14**

HOLIDAY **17**

Grilled Ham & Cheese **18**
w/chips

(2) Soft tacos **19**

Chicken Alfredo w/roll **20**

Teriyaki Chicken **21**
Noodle Bowl

Orange Chicken **24**
Rice Bowl

Grilled Ham & Cheese **25**
w/chips

(2) Soft tacos **26**

Chicken Alfredo w/roll **27**

Teriyaki Chicken **28**
Noodle Bowl

Additional choices available daily: Spicy chicken sandwich, Pizza, Deli sandwich, PB & J, Bean & Cheese Burrito, Chicken salad, Cheeseburgers and more!

