

January 2020

Freedom High School

LUNCH



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Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.
Reference: Eat Right

Monday



Tuesday

Wednesday

Thursday

Friday

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

WINTER BREAK

1

WINTER BREAK

2

WINTER BREAK

3

Orange Chicken Rice Bowl **6**

Mexicali w/roll **7**

Chile verde burrito **8**

Chicken Alfredo w/roll **9**

Teriyaki Noodle Bowl **10**

Orange Chicken Rice Bowl **13**

Mexicali w/roll **14**

Chile verde burrito **15**

Chicken Alfredo w/roll **16**

Teriyaki Noodle Bowl **17**

HOLIDAY
MLK JR. DAY **20**

Mexicali w/roll **21**

Chile verde burrito **22**

Chicken Alfredo w/roll **23**

Teriyaki Noodle Bowl **24**

Orange Chicken Rice Bowl **27**

Mexicali w/roll **28**

Bean & Cheese Burrito **29**

Chicken Alfredo w/roll

Teriyaki Noodle Bowl