April 2018

Fremont Middle School

**Monday**
- French Toast or Cereal
  - Chicken Alfredo, Breadstick, Fresh Fruit & Veggies

- Fruit Frudel or Cereal
  - Taco Salad, Spanish Rice, Black Beans, Fresh Fruit & Veggies

- Bagel w/ Cream Cheese or Cereal
  - Beef Stroganoff over egg noodles, Fresh Fruit & Veggies

- Benefit Bar or Cereal
  - Chicken Tacos, Black Beans, Fresh Fruit & Veggies

- French Toast or Cereal
  - Lasagna, Breadstick, Fresh Fruit & Veggies

**Tuesday**
- Poptart Pastry or Cereal
  - Cheeseburgers, Potato Salad, Baked Beans, Fresh Fruit & Veggies

- Muffin or Cereal
  - Domino’s Pizza, Hot Veggie, Fresh Fruit & Veggies

- Waffles or Cereal
  - Mandarin Orange Chicken over Brown Rice, Oriental Veggies & Fresh Fruit & Veggies

- Poptart Pastry or Cereal
  - Domino’s Pizza, Hot Veggie, Fresh Fruit & Veggies

**Wednesday**
- Pancake on a Stick or Cereal
  - Chicken Fried Steak w/ County Gravy, Mashed Potatoes, Roll, Fresh Fruit & Veggies

- Breakfast Pizza or Cereal
  - Chicken Gravy served over Mashed Potatoes, Roll, Fresh Fruit & Veggies

- Breakfast Burrito or Cereal
  - Chicken Nuggets Mashed Potatoes w/ Gravy, Roll, Fresh Fruit & Veggies

- Sausage/Biscuit Sandwich or Cereal
  - Turkey w/ Gravy, Mashed Potatoes, Roll, Fresh Fruit & Veggies

**Thursday**
- UBR Bar or Cereal
  - Buffalo or BBQ Flavor Chicken Bites, Coleslaw, French Fries, Fresh Fruit & Veggies

- French Toast Sticks or Cereal
  - Philly Steak Sub Sandwich, Tater Tots, Fresh Fruit & Veggies

- Mini Pancakes or Cereal
  - Mac N Cheese w/ Ham, Fresh Fruit & Veggies

**Friday**
- No School! Enjoy the weekend!

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**Meal Prices**
- K-5 Breakfast $1.25
- 6-12 Breakfast $1.50
- Student Lunch $2.35
- Adult Lunch $3.25

Free and Reduced pricing is available. Applications are available in the office.

Alternative Entrée offered daily!
Choice of Milk, Fresh Fruit and Veggies served daily!

Menu is subject to change based on availability

**School News**
Online payments are available. Please visit your parent portal for details.

As we near the end of the year, we ask all parents to bring their students account current. If you have questions or need to make arrangements, please contact your school cafeteria manager.

Questions or Concerns? Please call your school manager: Amanda Whitaker at 719-784-4856 Ext 4562

This institution is an equal opportunity provider

**Did You Know...**
The Romans called this month Aprilis which may derive from the verb aperire meaning “to open”, referring to flowers and fruits opening.