



# Fremont District 79 - Elementary & Intermediate Schools

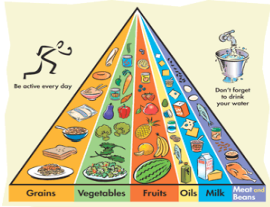
## Lunch Menu for February 2010

Lunch Price: \$2.25  
Milk: \$.35

Alternate Lunch Entrees:  
80/20 Beef Hamburger  
Sub Sandwich  
Beef Hot Dog  
Small Salad or Daily Vegetable  
included with Lunch price

Check your student(s) lunch balance at  
[www.mymealtime.com](http://www.mymealtime.com)




Grades 3-5 have ala carte items  
available for purchase.



Please contact our Quest office with  
any questions, comments, concerns  
or needs.

Barbara Stout  
Food Service Director  
(847) 566-9384  
x1115  
[quest@fremont.lake.k12.il.us](mailto:quest@fremont.lake.k12.il.us)

Menu subject to change.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	FEB	2	FEB	3	FEB	4	FEB	5	FEB
Pasta with Marinara Sauce Garlic Bread Green Beans Applesauce		Chicken Nuggets Multigrain Dinner Roll Mixed Vegetables Mandarin Oranges 		Grilled Cheese Chicken Noodle Soup Mixed Fruit		Beef Tacos - 2 Lettuce, Cheese and Tomato Pears		Meatball Sub Sandwich Golden Corn Fresh Fruit	
8	FEB	9	FEB	10	FEB	11	FEB	12	FEB
Cheese Quesadillas Spanish Rice Peaches		Sloppy Joe on Bun Carrot Crinkles Mixed Fruit		Chicken Patty on Bun Tossed Salad Mandarin Oranges		Cheese Pizza Broccoli Pineapple 		French Toast Sticks Cinnamon Apple Slices Tater Tots Sausage Patty	
15	FEB	16	FEB	17	FEB	18	FEB	19	FEB
<b>No School Non Attendance Day</b>		<b>No School Teacher Institute Day</b> 		Cheeseburger on Bun Green Beans Applesauce		Chicken Nuggets Mashed Potatoes & Gravy Mandarin Oranges		Mac 'n' Cheese Multigrain Roll Peas & Carrots Mixed Fruit	
22	FEB	23	FEB	24	FEB	25	FEB	26	FEB
Italian Dippers with Marinara Carrot Crinkles Pears		Meatballs Buttered Noodles Fresh Fruit		Beef Tacos - 2 Lettuce, Cheese and Tomato Peaches		Cheese Pizza Broccoli Pineapple		<b>No School Parent-Teacher Conferences</b>	