



Gluten Free May 2019

29 Hamburger on a bun Steamed Peas Diced Pears Baby Carrots	30 Corn Dog Diced Pears Baby Carrots	1 Chicken Nuggets Potato Tots Diced Pears Baby Carrots	2 Mac And Cheese Diced Pears Baby Carrots	3 Cheese Pizza Tossed Salad Diced Pears Baby Carrots
6 Hamburger on a bun Cucumber Coins Blueberry Parfait	7 Corn Dog Cucumber Coins Blueberry Parfait	8 Chicken Nuggets Cucumber Coins Blueberry Parfait	9 Mac And Cheese Tossed Salad Cucumber Coins Blueberry Parfait	10 Cheese Pizza Steamed Sweet Corn Cucumber Coins Blueberry Parfait
13 Hamburger on a bun Butternut Squash Diced Peaches Fresh Apples	14 Corn Dog Diced Peaches Fresh Apples	15 Chicken Nuggets Diced Peaches Fresh Apples	16 Mac And Cheese Diced Peaches Fresh Apples	17 Cheese Pizza Tossed Salad Diced Peaches Fresh Apples
20 Hamburger on a bun Mixed Fruit Orange Smiles	21 Corn Dog Diced Carrots Mixed Fruit Orange Smiles	22 Chicken Nuggets Mixed Fruit Orange Smiles	23 Mac And Cheese Mixed Fruit Orange Smiles	24 Cheese Pizza Roasted Broccoli Mixed Fruit Orange Smiles
27 No School	28 Corn Dog Applesauce Fresh pears	29 Chicken Nuggets Applesauce Fresh pears	30 Lucky Tray Day Mac And Cheese Applesauce Fresh pears	31 Cheese Pizza Applesauce Fresh pears

Available Daily:

Garden Salad with Yogurt and String cheese, Garden Salad with Tuna, Cereal with Yogurt, and String Cheese
Questions: Andrea Fay, Foodservice Director, Afay@Freelake.org, 508-947-2660 Extension 1146

If your child will be having a gluten free lunch please contact your school nurse and the Foodservice Director. A doctor's note is required for us to provide this lunch.

More info...

Remember to fill out a 2018-2019 Free and Reduced Meal Application. New applications must be completed annually Lunch Prices: \$2.75 Paid, \$0.40 Reduced

Lucky Tray Days:

March 14th - Shamrock Poppers. March 28th - Smencils