

Freetown-Lakeville Middle School

March 2019

25

Crunchy Breaded Chicken Drumstick
Corn Muffin
Baked Beans
Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

26

Meatball Parm
Flatbread
Crunchy Carrot Sticks
Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

27

Breakfast for Lunch
WG Waffles
Sausage
Potato Tots
Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

28

Popcorn Chicken
Mashed Potato Bowl
Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

1

Cheese Filled Breadsticks w/ Dipping Sauce
Tossed Salad
Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

4

Chicken Ranch Flatbread
Sweet Potato Fries
Featuring this week:
Chicken BLT Wrap
Garden Salad with yogurt Cheddar Cheese and a roll

5

Crunchy Tacos with Lettuce and Cheese
Black Bean Salsa
Featuring this week:
Chicken BLT Wrap
Garden Salad with yogurt Cheddar Cheese and a roll

6

Breakfast for Lunch
WG Pancakes
Sausage
Hash Brown
Featuring this week:
Chicken Pizza Wrap
Buffalo Chicken Salad with a Roll

7

½ Day No Food Served

8

Grilled Cheese and Tomato Soup
Tossed Salad
Featuring this week:
Chicken BLT Wrap
Garden Salad with yogurt Cheddar Cheese and a roll

11

Pepper Jack Burger with Sriracha Mayo
Baked Beans
Featuring this week:
Chicken Caesar Wrap
Tuna Salad Plate with Roll

12

Crispy Orange Chicken Bowl with Rice and Broccoli
Featuring this week:
Chicken Caesar Wrap
Tuna Salad Plate with Roll

13

Breakfast for Lunch
BEC Bagel Sandwich
Potato Tots
Featuring this week:
Chicken Caesar Wrap
Tuna Salad Plate with Roll

14

National Pi Day
Shepherd's Pie
Steamed Sweet Peas
Featuring this week:
Chicken Caesar Wrap
Tuna Salad Plate with Roll

15

Individual Pan Pizza
Crunchy Carrot Sticks
Featuring this week:
Chicken Caesar Wrap
Tuna Salad Plate with Roll

18

Crunchy Mini Corn Dogs
Baked Beans
Featuring this week:
Ham & Pepper jack Wrap
Chicken Caesar Salad with a Roll

19

Cheese Filled Breadsticks
Sweet Potato Fries
Featuring this week:
Ham & Pepper jack Wrap
Chicken Caesar Salad with a Roll

20

Breakfast for Lunch
French toast Sticks
Sausage
Potato Tots
Featuring this week:
Ham & Pepper jack Wrap
Chicken Caesar Salad with a Roll

21

Hot and Spicy Popcorn Chicken
Carrot & Celery Sticks
Featuring this week:
Ham & Pepper jack Wrap
Chicken Caesar Salad with a Roll

22

White Pizza Fingers with Dipping Sauce
Tossed Salad
Featuring this week:
Ham & Pepper jack Wrap
Chicken Caesar Salad with a Roll

25

Pretzel Pub Chicken Sandwich
Cherry Tomatoes
Featuring this week:
Chicken Pizza Wrap
Buffalo Chicken Salad with a Roll

26

Crunchy Beef Nachos with lettuce and Cheese
Black Bean Salsa
Featuring this week:
Chicken Pizza Wrap
Buffalo Chicken Salad with a Roll

27

Breakfast for Lunch
Scrambled Eggs & Toast
Bacon
Tater Tots
Featuring this week:
Chicken Pizza Wrap
Buffalo Chicken Salad with a Roll

28

Oven Roasted Turkey and Gravy with a Dinner Roll
Mashed Potatoes
Featuring this week:
Chicken Pizza Wrap
Buffalo Chicken Salad with a Roll

29

Buffalo Chicken Pizza
Tossed Salad
Featuring this week:
Chicken Pizza Wrap
Buffalo Chicken Salad with a Roll

More info...

Available Daily:

Cheese Pizza, Cheeseburger, Chicken Patty, Turkey & Cheese Sandwich, Ham & Cheese Sandwich, Sun Butter & Jelly Sandwich

Locally Grown Macintosh Apples, Baby Carrots, Fresh Pears, Fresh Oranges, Apple Slices, Raisins, Assorted Chilled Fruit

Questions: Andrea Fay, Foodservice Director, Afay@Freelake.org, 508-947-2660 Extension 1146

More info...

Celebrate March Madness with Dip-able, Slam Dunk-able items March 18th-22nd! Also, get one raffle entry each day to win a basketball!

Lunch Prices: \$2.75 Paid, \$0.40 Reduced

Concerns about your student's lunch balance or to pay back an IOU: www.Payschoolscentral.com