

# Freetown-Lakeville Middle School

January 2019

31

No School

1

No School

2

**Breakfast for Lunch**  
BEC Bagel Sandwich  
Potato Tots

**Featuring this week:**  
Chicken Caesar Wrap  
Tuna Salad Plate with  
Roll

3

Pretzel Pub Chicken  
Sandwich  
Baked Beans  
**Featuring this week:**  
Chicken Caesar Wrap  
Tuna Salad Plate with  
Roll

4

Individual Pan Pizza  
Tossed Salad

**Featuring this week:**  
Chicken Caesar Wrap  
Tuna Salad Plate with  
Roll

7

Chicken Snack Wraps  
Oven Roasted  
Broccoli  
**Featuring this week:**  
Chicken Pizza Wrap  
Buffalo Chicken Salad  
with a Roll

8

Mini Corn Dogs  
Baked Beans  
**Featuring this week:**  
Chicken Pizza Wrap  
Buffalo Chicken Salad  
with a Roll

9

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

10

Mac N' Cheese  
Steamed Peas  
**Featuring this week:**  
Chicken Pizza Wrap  
Buffalo Chicken Salad  
with a Roll

11

Buffalo Chicken Pizza  
Carrot and Celery  
Sticks  
**Featuring this week:**  
Chicken Pizza Wrap  
Buffalo Chicken Salad  
with a Roll

14

**NFL Playoff Week**  
First Down Drumstick  
Corn Muffin  
Sweet Potato Fries  
**Featuring this week:**  
Turkey Club Wrap  
Cobb Salad with a Roll

15

**NFL Playoff Week**  
Brady Burger with  
Pepper Jack Cheese  
and Sriracha Mayo  
Baked Beans  
**Featuring this week:**  
Turkey Club Wrap  
Cobb Salad with a Roll

16

**Breakfast for Lunch**  
Scrambled Eggs with  
toast  
Bacon  
Hash Brown  
**Featuring this week:**  
Turkey Club Wrap  
Cobb Salad with a Roll

17

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

18

**NFL Playoff Week**  
James White's Pizza  
Finger with Dipping Sauce  
Blueberry Parfait  
**Featuring this week:**  
Chicken BLT Wrap  
Garden Salad with yogurt  
Cheddar Cheese and a  
roll

21

No School

22

Meatball Parm  
Flatbread  
Crunchy Carrot Sticks  
**Featuring this week:**  
Buffalo Chicken Wrap  
Chicken Caesar Salad  
with a Roll

23

**Breakfast for Lunch**  
WG Waffles  
Sausage  
Potato Tots  
**Featuring this week:**  
Buffalo Chicken Wrap  
Chicken Caesar Salad  
with a Roll

24

Chicken Pizza  
Quesadilla  
Black bean Salsa  
**Featuring this week:**  
Buffalo Chicken Wrap  
Chicken Caesar Salad  
with a Roll

25

Cheese Filled  
Breadsticks w/ Dipping  
Sauce  
Tossed Salad  
**Featuring this week:**  
Buffalo Chicken Wrap  
Chicken Caesar Salad  
with a Roll

28

Chicken Ranch  
Flatbread  
Baked Beans  
**Featuring this week:**  
Chicken BLT Wrap  
Garden Salad with  
yogurt Cheddar  
Cheese and a roll

29

Hot and Spicy  
Popcorn Chicken  
Carrot & Celery Sticks  
**Featuring this week:**  
Chicken BLT Wrap  
Garden Salad with  
yogurt Cheddar  
Cheese and a roll

30

**Breakfast for Lunch**  
French toast Sticks  
Sausage  
Potato Tots  
**Featuring this week:**  
Chicken BLT Wrap  
Garden Salad with  
yogurt Cheddar  
Cheese and a roll

31

Crunchy Tacos with  
Lettuce and Cheese  
Black Bean Salsa  
**Featuring this week:**  
Chicken Pizza Wrap  
Buffalo Chicken Salad  
with a Roll

1

**Soup-er Bowl Weekend**  
Grilled Cheese and  
Tomato Soup  
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](mailto:Afay@Freelake.org), 508-947-2660 Extension 1146

## More info...

Join us for Lunch January 14<sup>th</sup>- 18<sup>th</sup> and be entered to win one of 4 Patriots cups each day!

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

Concerns about your student's lunch balance or to pay back an IOU:  
[www.Payschoolscentral.com](http://www.Payschoolscentral.com)