

Freetown-Lakeville Middle School

January 2021

4

Chicken Tenders
with Dipping sauce
Dinner Roll
Potato Tots
Mixed Fruit Cup

5

Bacon Cheeseburger
Baked Beans
Mixed Fruit Cup

6

Breakfast for Lunch

French Toast Sticks
Sausage
Hash Brown
Mixed Fruit Cup

7

Meatball and Mozz
Flatbread
Tossed Salad
Mixed Fruit Cup

8

Buffalo Chicken Pizza
Carrot and Celery
Sticks
Mixed Fruit Cup

11

Chicken Tenders
with Dipping sauce
Dinner Roll
Potato Tots.
Mixed Fruit Cup

12

Bacon Cheeseburger
Baked Beans
Mixed Fruit Cup

13

Breakfast for Lunch

French Toast Sticks
Sausage
Hash Brown
Mixed Fruit Cup

14

Buffalo Chicken Pizza
Carrot and Celery
Sticks
Mixed Fruit Cup

15

**½ Day
No Food Served**

18

No School

19

Cheesy Beef
Nachos with Black
Bean Salsa
Diced Peaches

20

Breakfast for Lunch

Pancakes
Sausage
Hash Brown
Diced Peaches

21

Mac and Cheese
Diced Carrots
Diced Peaches

22

Individual Pan Pizza
Tossed Salad
Diced Peaches

25

Meatball and Mozz
Flatbread
Green Beans
Diced Peaches

26

Cheesy Beef
Nachos with Black
Bean Salsa
Diced Peaches

27

Breakfast for Lunch

Pancakes
Sausage
Hash Brown
Diced Peaches

28

Mac and Cheese
Diced Carrots
Diced Peaches

29

Individual Pan Pizza
Tossed Salad
Diced Peaches

1

Grilled Cheese and
Chicken Noodle Soup
Sweet Potato Tots
Diced Pears

2

Popcorn Chicken
Mashed Potato
Bowl
Dinner Roll
Diced Pears

3

Breakfast for Lunch

Cheese Omelet and
Maple Mini Pancakes
Hash Brown
Diced Pears

4

Pasta with our
without Meatballs
Garlic Bread
Tossed Salad
Diced Pears

5

White Pizza Fingers
with Dipping Sauce
Carrot Sticks
Diced Pears

More info...

Available Daily:

Chicken Patty, Spicy Chicken Patty Turkey, Chef Salad, Sun Butter & Jelly Sandwich

Also Available

1/4-1/15, 2/1-2/12: Turkey & Cheese Sandwich, Buffalo Chicken Wrap or Cobb Salad

1/18-2/25: Ham and Cheese Sandwich, Tuna Salad Wrap or Buffalo Chicken Salad

Andrea Fay, Foodservice Director, Afay@Freelake.org, 508-947-2660 Ext. 1146

More info...

WE ARE NOT ACCEPTING CASH PAYMENTS

Please utilize our online prepayment system at www.payschoolscentral.com or send in a check with your students PIN number on it.

Baby Carrots, Apple Slices, Raisins, Assorted Chilled Fruit, Apple or Orange juice

All Meals are free to all students through the end of the School year!