



Gluten Free January 2019

31 No School	1 No School	2 Chicken Nuggets Potato Tots Mixed Fruit Diced Peaches	3 Mac and Cheese Cherry Tomatoes Mixed Fruit Diced Peaches	4 Cheese Pizza Tossed Salad Mixed Fruit Diced Peaches
7 Hamburger on a bun Orange Smiles Applesauce	8 Corn Dog Orange Smiles Applesauce	9 Chicken Nuggets Orange Smiles Applesauce	10 Mac and Cheese Orange Smiles Applesauce	11 Cheese Pizza Roasted broccoli Orange Smiles Applesauce
14 Hamburger on a bun Blueberry Parfait Fresh Pears	15 Corn Dog Blueberry Parfait Fresh Pears	16 Chicken Nuggets Blueberry Parfait Fresh Pears	17 Lucky Tray Day Mac and Cheese Blueberry Parfait Fresh Pears	18 Cheese Pizza Tossed Salad Blueberry Parfait Fresh Pears
21 No School	22 Lucky Tray Day Corn Dog Diced Carrots Fresh Grapes Mixed Fruit	23 Chicken Nuggets Potato Tots Fresh Grapes Mixed Fruit	24 Mac And Cheese Fresh Grapes Mixed Fruit	25 Cheese Pizza Tossed Salad Fresh Grapes Mixed Fruit
28 Hamburger on a bun Fresh Apples Diced Peaches	29 Corn Dog Fresh Apples Diced Peaches	30 Chicken Nuggets Fresh Apples Diced Peaches	31 Mac And Cheese Tossed Salad Fresh Apples Diced Peaches	1 Cheese Pizza Fresh Apples Diced Peaches

Available Daily:

Garden Salad with Yogurt and String cheese, Garden Salad with Tuna, Cereal with yogurt, and sting 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:
November 29th Smencils, December 11th Snowman Bouncy Balls