

# Freetown-Lakeville Middle School

February 2019

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

4

½ Day No  
Food Served

5

Pepper Jack Burger  
with Sriracha Mayo  
Baby Carrots  
**Featuring this week:**  
Chicken Caesar Wrap  
Tuna Salad Plate with  
Roll

6

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

7

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

8

Individual Pan Pizza  
Tossed Salad  
**Featuring this week:**  
Chicken Caesar Wrap  
Tuna Salad Plate with  
Roll

11

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

12

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

13

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

14

Oven Roasted Turkey  
and Gravy  
Mashed Potatoes  
*Crunchy Heart-Shaped  
Pretzels*  
**Featuring this week:**  
Chicken Pizza Wrap  
Buffalo Chicken Salad  
with a Roll

15

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

18

No School

19

No School

20

No School

21

No School

22

No School

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

## 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 February 14<sup>th</sup>, Valentine's  
Day, for a bag of crunchy heart-shaped pretzels  
with every lunch!

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)