

Freetown-Lakeville Middle School

September 2019

2

No School

First Day 1-12 is 9/3
First Day k and Pre-K is 9/5

3

Chicken Snack Wraps
Sweet Potato Fries

Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

4

Breakfast for Lunch
French toast Sticks
Sausage
Potato Tots

Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

5

Soft Tacos with
Lettuce and Cheese
Black Bean Salsa

Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

6

Individual Pan Pizza
Oven Roasted Broccoli

Featuring this week:
Turkey Club Wrap
Cobb Salad with a Roll

9

Hot and Spicy Popcorn
Chicken
Carrots and Celery
Sticks

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

10

BBQ Bacon Cheddar
Burger
Baked Beans

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

11

Breakfast for Lunch
WG Pancakes
Sausage
Potato Tots

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

12

Chicken Ranch
Flatbread
Sweet Potato Fries

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

13

White Pizza Fingers
with Dipping Sauce
Tossed Salad

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

16

Pretzel Pub Chicken
Sandwich
Diced Carrots

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

17

Beef and Cheese
Nachos
Black Bean Salsa

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

18

Breakfast for Lunch
BEC Bagel Sandwich
Crinkle Fries

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

19

Oven Roasted Turkey
and Gravy with a
Dinner Roll
Mashed Potatoes

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

20

Buffalo Chicken Pizza
Tossed Salad

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

23

Cheese Filled
Breadsticks
Cherry Tomatoes

Featuring this week:
Ham and Cheddar Wrap
Orange Chicken Salad
with a Roll

24

Crunchy Breaded
Chicken Drumstick
Corn Muffin
Baked Beans

Featuring this week:
Ham and Cheddar Wrap
Orange Chicken Salad
with a Roll

25

Breakfast for Lunch
Cheese Omelet and
Maple Mini Pancakes
Potato Tots

Featuring this week:
Ham and Cheddar Wrap
Orange Chicken Salad
with a Roll

26

Pasta with or without
Meatsauce
Tossed Salad

Featuring this week:
Ham and Cheddar Wrap
Orange Chicken Salad
with a Roll

27

Popcorn Chicken
Mashed Potato Bowl

Featuring this week:
Ham and Cheddar Wrap
Orange Chicken Salad
with a Roll

30

Chicken Tenders
Sweet Potato Fries

Featuring this week:
Buffalo Chicken Wrap
Garden Salad, Yogurt &
Cheese Cubes with a Roll

1

Crunchy Corn Dog
Baked Beans

Featuring this week:
Buffalo Chicken Wrap
Garden Salad, Yogurt &
Cheese Cubes with a Roll

2

Breakfast for Lunch
WG Waffles
Sausage
Crinkle Fries

Featuring this week:
Buffalo Chicken Wrap
Garden Salad, Yogurt &
Cheese Cubes with a Roll

3

Grilled Cheese with
Chicken Noodle Soup
Tossed Salad

Featuring this week:
Buffalo Chicken Wrap
Garden Salad, Yogurt &
Cheese Cubes with a Roll

4

Pepperoni Stuffed Crust
Pizza
Roasted Broccoli

Featuring this week:
Buffalo Chicken Wrap
Garden Salad, Yogurt &
Cheese Cubes 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...

Welcome Back!

Don't forget to fill out a new Free and Reduced Lunch Application, new forms must be completed annually and can be found at www.Payschoolscentral.com

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

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