



Freetown-Lakeville Elementary Schools

September 2019

<p>2</p> <p><u>No School</u></p> <p>First Day 1-12 is 9/3 First Day K and Pre-K is 9/5</p>	<p>3</p> <p>Chicken Nuggets Dinner Roll Steamed Sweet Corn Applesauce Baby Carrots</p>	<p>4</p> <p><u>Breakfast for Lunch</u> French toast Sticks Sausage Hash Brown Applesauce Baby Carrots</p>	<p>5</p> <p>Beef and Cheddar Nachos Brown Rice Applesauce Baby Carrots</p>	<p>6</p> <p>Pepperoni or Cheese Pizza Tossed Salad Applesauce Baby Carrots</p>
<p>9</p> <p>Cheese Filled Breadsticks with Dipping Sauce Green Beans Diced Pears Fresh Apples</p>	<p>10</p> <p>Hot Dog on a Bun Baked Beans Diced Pears Fresh Apples</p>	<p>11</p> <p><u>Breakfast for Lunch</u> WG Pancakes Sausage Crinkle Fries Diced Pears Fresh Apples</p>	<p>12</p> <p>Chicken patty on a Bun Sweet Potato Fries Diced Pears Fresh Apples</p>	<p>13</p> <p>Pepperoni or Cheese Pizza Tossed Salad Diced Pears Fresh Apples</p>
<p>16</p> <p>Breaded Chicken Drumstick Corn Muffin Diced Carrots Blueberry Parfait Diced Peaches</p>	<p>17</p> <p>Soft Beef Taco Black Bean Salsa Blueberry Parfait Diced Peaches</p>	<p>18</p> <p><u>Breakfast for Lunch</u> BEC Bagel Sandwich Hash Brown Blueberry Parfait Diced Peaches</p>	<p>19</p> <p><u>Lucky Tray Day</u> Oven Roasted Turkey and Gravy Mashed Potatoes Dinner Roll Blueberry Parfait Diced Peaches</p>	<p>20</p> <p>Individual Pan Pizza Roasted Broccoli Blueberry Parfait Diced Peaches</p>
<p>23</p> <p>Chicken Tenders Crunchy Goldfish Baked Beans Mixed Fruit Cup Orange Smiles</p>	<p>24</p> <p>Hamburger or Cheeseburger Sweet Potato Fries Mixed Fruit Cup Orange Smiles</p>	<p>25</p> <p><u>Breakfast for Lunch</u> Cheese Omelet and Maple Mini Pancakes Tater Tots Mixed Fruit Cup Orange Smiles</p>	<p>26</p> <p>Grilled Cheese with Chicken Noodle Soup Steamed Sweet Peas Mixed Fruit Cup Orange Smiles</p>	<p>27</p> <p>Pepperoni or Cheese Pizza Tossed Salad Mixed Fruit Cup Orange Smiles</p>
<p>30</p> <p>Popcorn Chicken Dinner Roll Diced Carrots Fresh Grapes Applesauce Cup</p>	<p>1</p> <p>Crunchy Corn Dog Baked Beans Fresh Grapes Applesauce Cup</p>	<p>2</p> <p><u>Breakfast for Lunch</u> WG Waffles Sausage Hash Brown Fresh Grapes Applesauce Cup</p>	<p>3</p> <p><u>Lucky Tray Day</u> Mac and Cheese Cherry Tomatoes Fresh Grapes Applesauce Cup</p>	<p>4</p> <p>White Pizza Fingers with Dipping Sauce Tossed Salad Fresh Grapes Applesauce Cup</p>

Available Daily:

Turkey & Cheese Sandwich, Ham & Cheese Sandwich, Tuna Salad Sandwich, Toasted Bagel with Yogurt and String Cheese, Garden Salad with Yogurt and String cheese, Sun Butter & Jelly Sandwich

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

Lucky Tray Days:
September 19th Backpack Keychain, October 3rd Smencils

