

FREETOWN/LAKEVILLE MIDDLE SCHOOL

LUNCH MENU JANUARY 2013

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
	1 NO FOOD SERVED	2 SPICY CHICKEN PATTY WITH CHIPS, SALAD FRESH FRUIT AND MILK.	3 JR TURKEY CLUB WITH PUFFS SALAD, FRESH FRUIT AND MILK.	4 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK	1) HAMBURGER OR CHEESE-BURGER 2) CHEESE PIZZA 3) CHICKEN BURGER ON A BUN 4) PREMADE SALADS 5) VARIETY OF PREMADE SANDWICHES
7 PASTA WITH MEAT SAUCE GARLIC BREAD SALAD, FRESH FRUIT AND MILK	8 BAKED CHICKEN DINNER WITH POT. VEG. FRESH FRUIT AND MILK	9 MACARONI AND CHEESE WITH VEG. OR SALAD, FRESH FRUIT AND MILK	10 CHICKEN FAJITA WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK	11 PIZZA DELUXE WITH SALAD FRUIT AND MILK	6) MEATBALL, SUB PRE-PAY LUNCH PROGRAM MAY BE PURCHASED DAILY AT THE END OF EACH LUNCH IN THE CAFETERIA, AND CAN BE USED FOR THE FOLLOWING
14 RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK	15 CHICKEN PARM WITH PASTA SALAD FRUIT AND MILK- SALAD, FRUIT AND MILK	16 ROAST TURKEY DINNER WITH POT. VEG. A ROLL, FRESH FRUIT AND MILK	17 BEEF TACO WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK	18 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK	1) DAILY SCHOOL LUNCH OR PASTA BAR 2) A CHICKEN BURGER, HAMBURGER, CHEESEBURGER WITH SALAD FRUIT AND MILK OR JUICE
21 NO FOOD SERVED	22 GRILLED CHEESE SAND WITH A CUP OF SOUP, SALAD, FRESH FRUIT AND	23 SHEPARD'S PIE WITH GRAVY, FRESH FRUIT AND MILK	24 CHICKEN NUGGETS WITH POT. VEG. FRESH FRUIT AND MILK	25 PIZZA DELUXE WITH SALAD OR VEG. FRESH FRUIT AND MILK.	3) A SLICE OF PIZZA WITH SALAD FRUIT AND MILK OR JUICE. 4) SELECTED PREMADE SANDWICHES OR SALADS WITH FRUIT AND MILK OR JUICE
28 POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK	29 CHICKEN ALFREDO OVER PASTA, VEG OR SALAD, FRUIT AND MILK.	30 AMERICAN CHOP SUEY WITH GARLIC BREAD, SALAD FRUIT AND MILK.	31 .THREE ALARM CHILI WITH CHIPS SALAD FRESH FRUIT AND MILK.		PAYMENT BY CHECK-NAME AND HOME ROOM IN MEMO AREA CHECKS TO BE MADE OUT TO FLRS ALL MILK PRICES ARE \$.45 ALACARTE