



GREAT BOOKS IN THE GRAIS LIBRARY!

By: Delaney Bazydlo



Artwork By: Delaney Bazydlo

Do you like reading great books but can never decide what to read? Do you like adventure books, scary books, mystery books, fiction books? How about non-fiction books? No matter what kind of book you like to read, the school library has all different kinds to choose from.

If you like mystery books, Mrs. Saad thought you should try reading the book series ***Nancy Drew and the Clue Crew***. The summary of the Nancy Drew series is a girl and her friends solving mysteries.

Do you prefer books that make you laugh? If you do you should try a book called ***I Funny. I Funny*** is a great book about a boy trying to win the title of funniest kid alive, so he enroles himself in a contest.

Is your favorite kind of book one that takes you on adventures? If you do you might want to try the series ***I Survived. I Survived*** is a series about real life events such as 9/11, The American Revolution, and a lot more.

Do you like books that make the hairs on the back of your neck stand up? If you love scary books I bet you will love the book ***The Kingfisher Book of Scary Poems***. This book contains stories that might make some people screech.

If you like books that contain magical and mythical creatures, Mrs.Sadd recommends any of the ***Harry Potter*** would be the perfect for you. ***Harry Potter*** is about a boy that goes to a school that teaches you magic.

Do you like books that can teach you facts and information? You might enjoy ***cookbooks*** to learn delicious new recipes.

A book Mrs.Saad really recommends is ***Ugly*** if she had to pick one book in the school library. However, according to her data, the book that is most checked out in the whole school is ***Diary of a Wimpy Kid***.

I hope this article helped you to find a great book to read.

WHAT TO DO ON SPRING BREAK?

By: Ava DiGiammo



Photo Credit: Madison Nunes

Have you ever had a spring break that was SO boring? That certainly has happened to me! Well that is going to change right now! I have several ideas for you! Keep on reading to find them out!

MAKE SLIME!

One way you can have fun on break is by making slime! You will need the following: glue, color (optional), shaving cream to make it fluffy, then an activator. Last but not least a bowl and spoon. Then, add all those ingredients together! This will make your perfect SLIME!

SLEEPOVER!

Another way you can have fun on break is a sleepover! You can have one with a friend, or many friends, or even your family members! You can do the following; watch a movie, play a game, go outside, make a fort, whatever your imagination wants! I'm sure it will be fun!

GO TO THE ZOO!

MOO! MOO! Do you hear that? You could go to the ZOO! There are many things you could do at the zoo like see the animals, have a picnic, go to the park there, or go to the gift shop!. Everything there is fun so I am sure you will have a really fun time at the ZOO!

I hoped you learned something to do on spring break!

SHAMROCK SOCIAL

By: Aurora Corbett



Photo Credit: Mykaela Santos

Just a few weeks ago, GRAIS had their Shamrock Social. In my opinion, I think the Shamrock Social was fun! There was cool music, lights and food in the cafeteria. In the gym, there were different games such as the coin toss, the streamer race, cup stacking, BINGO, and a game I never got the chance to play but it looked like a game where you bring a golf ball on a spoon to your partner.

Do you think the Shamrock Social was fun? Or do you think it was a complete failure? Some of you may think it was fun but others may think it was horrible and they never want to go again. I have gone deep into this mystery to investigate the opinions of fellow students. One student said they really liked it because of the games and the dancing and that was their favorite part. I asked another student and they said they didn't like it because there were certain rules like no running or taking food out of the cafeteria.

Who liked it	Who didn't like it
8 students	2 students

Overall, I thought it was really fun and if they had another one I would go to it. So I disagree with the two people who didn't like it. The Shamrock Social was really fun to some people, but others disagree.



THE CHOCOLATE KING!

by: Sarah R. Doherty



Photo Credit: Sarah R. Doherty

Are you someone like me who *loves* chocolate? Or are you like my little sister who doesn't like it at all? If you like chocolate, you are in luck because this article is all about an amazing man named Milton Hershey and how he became known as the Chocolate King. Even if you do not like chocolate, you can still go to Hershey Park in Pennsylvania. There you will find an amazing park with tons of amusement rides!

Hershey Park was created by a man named Milton Hershey who was born on September 13th, 1857. In 187, he was apprenticed to a local printer named Sam Ernst. Hershey did not like his job as a printer and he thought it was boring. Soon after beginning his job he dropped his hat into one of the machines and his boss fired him. Milton was worried that his parents would be very mad. Surprisingly they were not mad, just disappointed. The next day his father, Henry Hershey, went to Sam Ernst and he agreed to let Milton have his job back.

But Milton's aunt and mother had a better idea. They wanted him to learn a different trade, candy making. He soon applied to Royer's, a local confectionery business that sold not only candy, but ice cream. Hershey loved making the cold confection even though it was very hard work. Sometimes he even had to mind the customers' horses!

When Milton turned 19 he wanted to start his own business. His aunt said they would find him a good place in Lancaster, but Milton wanted to go to a bigger city like Philadelphia. They went to Philadelphia and found a nice brick house that Milton thought was perfect for his business and bought it at once.

But he soon realized it would not work since there were too many bills. Milton had no choice but to close the business. After a few more failures he decided he wanted to focus on one specific candy; sweet, creamy caramels. The problem was that he did not have any money, so he asked some old friends for help.

Milton realized he had finally found a business that suited him and he called it the Lancaster Caramel Company. It was a total success so he made the factory larger and larger. After a while he started thinking about chocolate and he decided he wanted to learn how to make the delicious sweet treat.

You probably know the rest of the story! Hershey became famous by creating the Hershey Bar and founding the Hershey Chocolate Company. He opened Hershey Park for everyone to enjoy. And best of all he brought happiness to lots of kids and adults all over the world.

Before you read this article did you think Milton Hershey was just the inventor of the Hershey Bar? You might be surprised to see just how much more he accomplished. We should all remember him as an amazing person who kept on trying even when he failed. Now people everywhere admire Mr. Milton Hershey, the Chocolate King.

THE HISTORY OF EASTER: PAST & PRESENT

By: Cameron Poirier

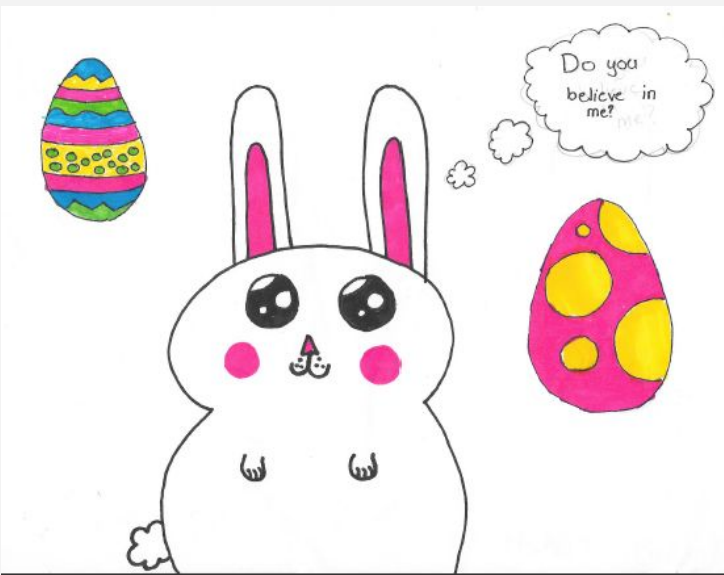
Easter is a religious holiday and is celebrated on the day that Jesus is supposed to come back to life. This holiday goes back to the 2nd century, but was not always called Easter.

No one really knows what started the easter bunny. Most culturists think a bunny carving meant spring/celebration with certain angels and a feast of a kind. The egg part of the holiday came from another animal of this holiday which is a stork, or other type of German/Christian bird.

This holiday/celebration then came across the Atlantic with early travelers. Then, over the years people started egg hunts and the easter bunny came to be the animal of the

THE EASTER BUNNY...FACT OR FICTION?

By: Madison Gilbert



Artwork Credit: Aurora Corbett

Did you find a basket full of chocolate or candy outside of your house on Easter morning? We have all been told that it was the one.. the only.. Easter Bunny! This fluffy, ball of fur visits all the children in world the night before Easter. Some of us go on Easter egg hunts, to find eggs that we were told were hidden by the Easter Bunny. Do we as GRAIS students believe in this magical bunny?

I asked some 5th graders about their opinions on this fluff ball. In total, I asked 21 students. Out of all these students 6 of them voted for yes. Obviously 5th graders aren't believing! For no I received 11 votes! When I asked did they believe, all of them said no very certainly. Finally, the remaining students said maybe, 4 times! We sure have some unsure students!

Now, lets see what 4th graders believe. When I asked the 4th graders about this cottontail, kids said yes, they do believe 13 out of 21 times. Kids who said no said this 5 times. Students who were unsure said maybe 3 times.

Whether or not you believe in the Easter Bunny, we all most likely have been told it was true. Do you believe in the Easter Bunny? Or are you like some of the kids that think the Easter Bunny is a fake. Whoever you are and whatever you believe, just remember the Easter Bunny is watching!



holiday. Now people celebrate this holiday with feasts and chocolate and kids wake up to the egg hunt.

This year Easter happend to be on April fools day! I Hope you had a good three days off!

TIPS ON HIGH-QUALITY VIDEO MAKING

By: Mia Furtado



Photo Credit: Mia Furtado

Have you ever made a video that you didn't like? Well, I have some tips to make them high quality.

The number one thing you need is a camera. Any one will work. A regular camera works the best, but I think that using a phone or an iPad works just as good. If you want to have an underwater camera, then a GoPro is the best to use. Can't find the right angle? Very easy fix. The solution to this problem is called a tripod. This thing works wonders. The number one tip about filming is to not get in the shot. That will make it look very unprofessional. This common problem happens from mirrors. Don't directly point the camera at the mirror or that is how this problem starts.

Sometimes, your notes can get jumbled up. The trick to solving this is a multi-colored pen to group your ideas. If you get stressed and frustrated on something you think isn't good then take a few stress relievers. Take a few deep breaths or take a break. Any of these will work.

Ask yourself: "What is best app that I should use?" This is a commonly asked question that videomakers ask. This scenario only happens when you use a phone or iPad. If you have this problem then there is a easy solution. Some of these apps only can be downloaded Apple products. In the App Store, look up "Video FX" in the search bar. The second download is iMovie which is the simplest. The third download is InShot that is very good.

Sometimes, the camera can't pick up your voice. The helpful tool to use is called a lapel. This gadget is basically a microphone that can clip on things depending on the brand. Another tip is to not film when its windy if you're outside. The wind can interfere with you talking. Usually it is good to put background music to lighten up the mood. Sometimes you might want to personalize some music for the background. You can get apps to do this work but sometimes you have to pay money to access these features. So, the easiest way (if you have these items) is to use a 3DS/DS. You might be questioning this but it is true. I know this seems kind of useless to all the Nintendo users but it is the easiest way in my opinion. You record, make the arrangements of your choice, then record again.

Usually, the best place to film is outdoors. Specifically, in an open area so nothing gets in the way. The best time to film is around noon and in the spring or summer so it's warm and more sunny. Another tip is to bring a watch so you know the exact time of when you filmed if the daylight changes. I don't recommend filming at night if you're outside. There isn't much light.

You always have to plan ahead. Before you start filming, you have to bring out your props if you have any. Set the scene too. If you have ingredients for your video, lay those out.

Did these tips help you out? I hope these did. All these tips can help out on your videos and now you can make your films even better!

LUNCH AT SCHOOL

By: Ava Richmond



Photo Credit: Ava Richmond

Lunch is an interesting time and place for students at the GRAIS school. Have you ever wondered if lunch is long enough, or if the food tastes good? Well, that's what you're going to find out about right now.

First, let's find out if lunch is long enough. After surveying thirty students, I found out what they thought. Twenty-two kids stated that lunch was too short because they didn't have enough time to eat *and* socialize. Eight kids said lunch was long enough because they had found enough time to eat during their lunch period. Overall, more students than not found that they wanted lunch to be longer. If you agree with these students, how much longer? Would a longer lunch actually be possible in our school?

Continued on right above ---->

THE American ALLIGATOR

By: Joslyn Mota



Artwork By: Delany Bazydlo

Have you ever heard of the American alligator? They have a bite force of 3,000 pounds! Can you imagine how that must feel? They have 74-80 teeth. With jaws that big and a bite force that strong they are able to eat fish, amphibians, reptiles, birds and other mammals they come in contact with. They usually hunt at night while the temperatures are warm.

The adult male can grow anywhere from 11-15 feet and weigh up to 1,000 pounds. The females however, are smaller only growing up to 9 feet and weighing up to 500 pounds. Their average life span is 35-50 years in the wild and 65-80 years in captivity. The largest male alligator killed on record was in 1890 in Marsh Island, Louisiana. It was said to be 19 feet long and the weight was estimated to be 2,200 pounds! That must have been a humongous alligator!

The American alligator can be found in the Southeastern United states. They prefer wetlands such as marshes and cypress swamps from Texas to North Carolina. They are called ecosystem engineers. They create alligator holes which provide wet and dry habitats for other organisms and the wetland ecosystems. These holes help to retain water during the dry season and provide a safe haven for other aquatic organisms.

In 1973 the Endangered Species Act listed the American alligator as an endangered species. This was a result of too many people hunting these alligators. In 1987, due to conservation efforts, the population was rebuilt and they were no longer endangered.

I never realized what a truly awesome creature is the American alligator. I learned some really cool facts writing this article and hope you did as well. The most important lesson and learned is to stay out of swamps and respect this beautiful reptile.

Next, let me share with you the students' responses about how good the school lunches taste. I questioned twenty kids about what they thought about the food that is served at lunch. Nineteen of the students thought the food was absolutely delicious while only one person thought the lunch at school didn't taste good.

Lunch can be an exciting place to spend part of your day. Will lunch be longer due to these results or will some students still struggle with finishing lunch in time and making time for friends? Either way, lunch is a place to make new friends and eat good food!

SPORTS 101: WHAT YOU NEED TO KNOW

By: Hailey Botelho



FOOTBALL

What's going on in football these days? The big thing are cards. Most people I know are trading them. New England's team is the PATRIOTS, however, many other people have different teams as their favorite. There's a lot of teams such as the Eagles, who beat the Patriots in the Super Bowl. Did you know that the original football is made out of pigskin? Some are still now. These days, footballs are typically made of cowhide or rubber. The fans of football called it pigskin and the name just stuck. The pigskin was the bladder of the pig. The shape was getting harder to make because there was more straw and a lot more food in the bladder, so they almost stopped using pigskin. So now they use rubber, or sometimes leather, even though it was really expensive. Did you know that the football was originally supposed to be round, not oval but it accidentally got shaped that way! This sport has several referees to keep the game fair and even record the game to replay it if needed on close calls.

SOCCER

Soccer is a good sport too. I know a lot of people that play and like soccer. There's soccer from Portugal, but there, it's really called football. This sport involves a lot of running and using your feet instead of your hands like in most sports. Only the goalie is allowed to use their hands. Many countries have their own team, including USA. Soccer has a referee along with two assistants in most games.

BASKETBALL

I love basketball. To me, it's really fun. There are many great players, such as Rondo and Larry Bird from the Celtics. Some teams include the Boston Celtics, Chicago Bulls, and the Los Angeles Lakers. Many people also collect basketball cards and trade them. This sport has a referee to help keep the game fair.

ICE HOCKEY

Along with football, hockey is considered a contact sport. Many people enjoy the intensity of it; they even have a fight cam. The Boston Bruins and the Providence Bruins are quite popular around here. Scores tend to stay lower compared to sports like football and basketball due to having goalies and different point systems. I go to a lot of there games and enjoy seeing the little kids play in between quarters.



BASEBALL / SOFTBALL

This sport is considered America's pastime. Did you know, many players left their teams to join World War 2 and the stars were actually kept away from the front lines? Fastpitch softball is played generally by girls and go by similar rules as baseball. This sport has an umpire to call balls and strikes and another umpire to decide if the runner is safe or out. New England's team is the Boston Red Sox and USA has their own softball team.



Teacher Profile: Mr. Ireland

By: Autumn Arnone



Photo By: Phoebe Quinn

At GRAIS, every student has Physical Education (P.E.) as a special, and every student has Mr. Ireland as a P.E instructor. Do you think you really know, Mr. Ireland? Well, I surely didn't expect some of his answers. So sit back and prepare to learn about our gym teacher.

GRAIS: What made you want to become a gym teacher?

Mr. Ireland: I love loud noises.

GRAIS: Do you have any pets? If yes, what are their names?

Mr. Ireland: No pets, three children though.

GRAIS: How do you come up with the activities for gym class?

Mr. Ireland: I think of what I like to do. If I think it's fun they'll think it's fun.

GRAIS: What is your favorite sport?

Mr. Ireland: Soccer to watch and Triathlon to participate in.

GRAIS: Have you taught at schools other than GRAIS?

Mr. Ireland: Yes, in Needham.

After reading this I hope you have found out something interesting about your gym teacher.

THE ARCHERFISH

By: Jaden Barth

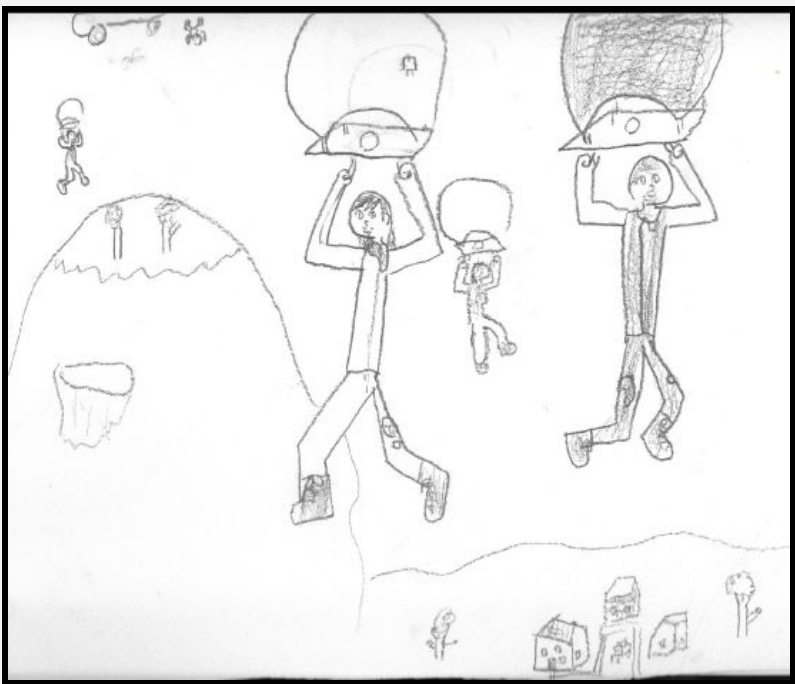


Photo By: Jaden Barth

This fish is called an Archerfish. It's called an Archerfish because it shoots a blob of water to the bug that's over water. Archerfish suck up water and use it to get bugs. They can be found in Asia and Australia. In Australia, there is an aquarium with an Archerfish. They also teach young Archerfish to get food. One needs to get the bug before other Archerfish catch it. Their predators are Gharial Crocodiles, River Dolphins, and Bull Sharks. Watch Wild Kratts Archerfish School and learn more about Archerfish!

FORTNITE

By: TJ Mullin



Artwork By: Anthony Sergio

You may have heard someone say “Fortnite” somewhere, or seen a YouTube video with it in the title. If you are unsure what “Fortnite” is, it is basically a Player vs. Player video game, but there is also a Player vs. Enemy mode.

Fortnite is a free video game, and it is playable on three different platforms. One of the platforms is on a computer. You can download it from the internet and create an account. You can also play Fortnite on Xbox One. This is generally the version I play on, and I have bought the Save the World game mode. You can link your Xbox version to your computer version account. You can also play Fortnite on PlayStation 4. It plays just like the Xbox One version of the game.

Fortnite has two game modes to choose from. The first game mode is Battle Royale. This is the Player vs. Player mode. You jump out of a Battle Bus, and you skydive towards the ground. You then search the land for things you can use to defend yourself. The other players will try to eliminate you from the game. Before that happens, you have to eliminate them. You win the Battle Royale if you are the last person or team not eliminated. You can play alone, with one other player, or with three other players. Don’t let the storm catch you!

The second game mode is Save the World. This game mode is not free as of this newspaper releasing, but will be free later on in 2018. You play as a hero, and complete missions, as the storm is attacking. Your home base has a storm shield, protected from the dangers of the storm. You have to play with other players to complete the mission, and none of the players will eliminate you, because they have to eliminate the enemies. Save the World is the Player vs. Enemy game mode. You defend an objective from the enemies, and sometimes you have to roam the land to find your goal.

Items you find in either game mode can support you greatly. For example, the Chug Jug from Battle Royale is rare and takes ten seconds to consume, but it fills your health and shield to the max. Good for after a tough and risky battle against another player! Save the World has weapons with limited uses, so you must gather resources to craft more of them.

The game forces you to take risks, and I really like that. You have to think, “Should I stay away, or should I go to battle with them? Where should I land, and will it allow me to survive?” Speaking of landing, the Battle Royale mode has many places for you to land after jumping out of the Battle Bus. There is Moisty Mire, which is a muddy place. There is also Dusty Depot, which has really good items in it. There is also Loot Lake, which I don’t visit very often. Tilted Towers is another option, if you want to risk getting eliminated quickly. Wailing Woods is a place I usually go, as I don’t get eliminated very fast. You could also go to Retail Row, which has a lot of good loot, but also brings along other players. Another option is Pleasant Park, with some good loot, but I don’t always go there. Right next to it is Junk Junction, which I don’t know very much about it, since I never skydive there. Another option is Tomato Town, which is not that far from Wailing Woods. Battle Royale, it just has so many options!

Fortnite has much to offer, and while the Save the World is not free, and V-Bucks is not very free either, the game can still be enjoyed with the free Battle Royale. Which game mode sounds the best to you, and why?

MCAS

By: Ayvia DaSilva & Orianna Hernandez



Photo Credit: Orianna Hernandez

MCAS is right around the corner. Here are some ways and tips on how to be prepared for it.

If you didn’t already know, MCAS stands for Massachusetts Comprehensive Assessment System. The reason we take MCAS tests is to help the state know that all students are learning, and it informs them in which areas the students need help in. This standardized based assessment also informs schools and districts where the students need help so they can adjust their school system to accommodate the students’ learning needs.

To prepare for MCAS, you should get a good night’s sleep and have a healthy breakfast. Teachers don’t hand out study guides so you can study by using your notebook, or looking over prior tests.

We asked a sixth grader about her experience and advice on taking MCAS. “Fifth graders, you should study for the science part of MCAS because it’s harder than the math and ELA part of MCAS. But you should review all of your notes on the subject to get a good score. You should also get a good breakfast to keep your mind focused.” She continued by advising, “Fourth graders listen to what your teachers taught you over the years at GRAIS.”

We asked two students at GRAIS with different opinions their view on MCAS. Erin Zakrosky likes MCAS because she thinks “It is a great way to review what we have learned this past year.” Olivia Lopes dislikes MCAS because “Teachers put a lot of pressure on you and make a big deal out of a test when it’s really not.”

So make sure you get a good night’s sleep and a good breakfast because MCAS is coming to GRAIS!



The rarities of items in fortnite (the different ones, not for specific items)

GRAIS HaPPenings

Check here each month for updates on some of the important activities, events, and dates for 4th and 5th grade students at GRAIS!

AFTER SCHOOL SPORTS!

Freetown Lakeville Campus Programs Department

2018 GRAIS Spring Intramurals Program with Mr. Lestage

Limit of 22 students for each program

Session 1: Dodgeball Games – Fee \$30 / Session 2: Indoor Soccer – Fee \$30
Total Fee for both Dodgeball Games and Indoor Soccer Spring Intramurals = \$60

Time: 2:15 p.m. – 3:30 p.m. with Program Leader Mr. Lestage
Dismissal Location: Meeting in cafeteria at dismissal time
Pick up time and location: 3:30 outside GRAIS main entrance



Session 1 = Dodgeball Games for Grade 4 on Mondays – April 30, May 7, and May 14
Session 1 = Dodgeball Games for Grade 5 on Wednesdays – May 2, May 9, and May 16

Session 2 = Indoor Soccer for Grade 4 on Mondays – May 21, June 4, and June 11
Session 2 = Indoor Soccer for Grade 5 on Wednesdays - May 23, May 30, and June 6



(First 22 registration forms received along with payment for each grade will be able to participate in program).

Any questions, call Diane Czapiga, Campus Programs Director, at (508) 923-2000, Ext. 1719 or e-mail: dczapiga@freelake.org.
Visit our website at www.freelake.org, click on Campus Programs Tab for upcoming programs

Online payment link: <https://unipaygold.unibank.com/Default.aspx?customerid=940> (under Comm Rec Campus Programs)

SQUARE ART ORDERS!

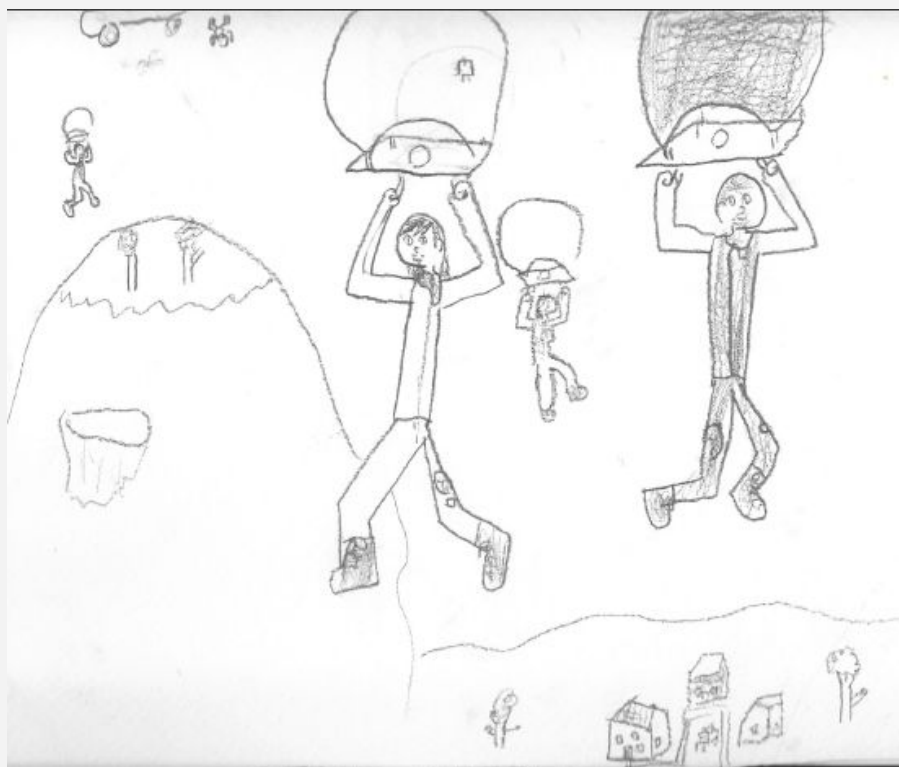
Must order by Friday, April 6th, 2018
See your catalog for details!



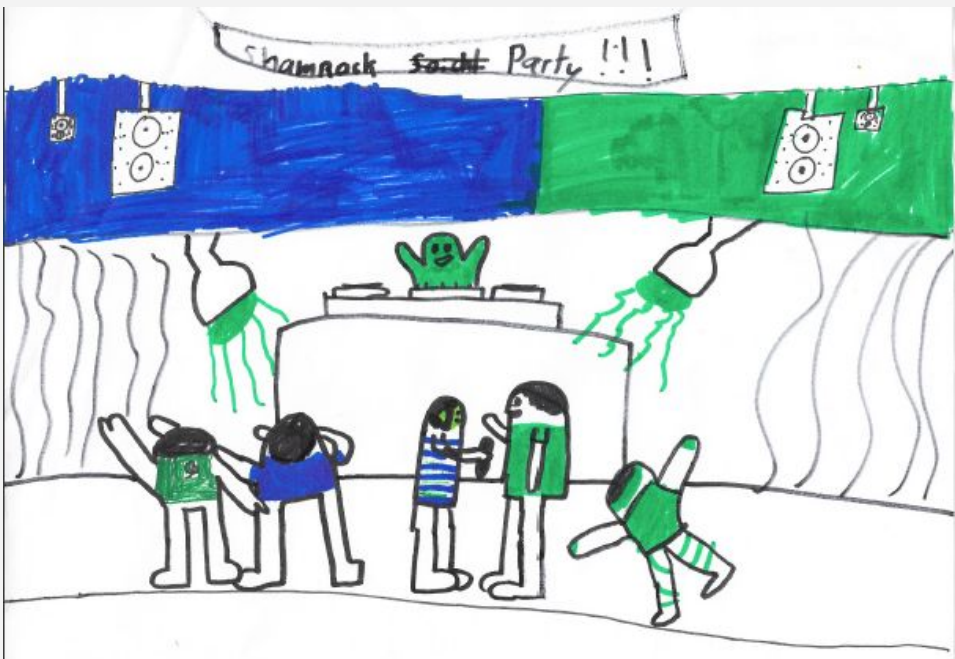
UP COMING EVENTS

½ Day for Students	Monday, April 2nd
Marathon Monday/President’s Day	Monday, April 16th
April Vacation!	Monday, April 16th - Friday, April 20th
4th Grade ELA MCAS Day 1	Tuesday, April 24th
4th Grade ELA MCAS Day 2	Wednesday, April 25th
5th Grade ELA MCAS Day 1	Monday, April 30th
4th Grade DODGEBALL with Mr. Lestage	Monday, April 30th
5th Grade ELA MCAS Day 2	Tuesday, May 1st
Newspaper Club with Mr. Lestage	Tuesday, May 1st
5th Grade DODGEBALL with Mr. Lestage	Wednesday, May 2nd

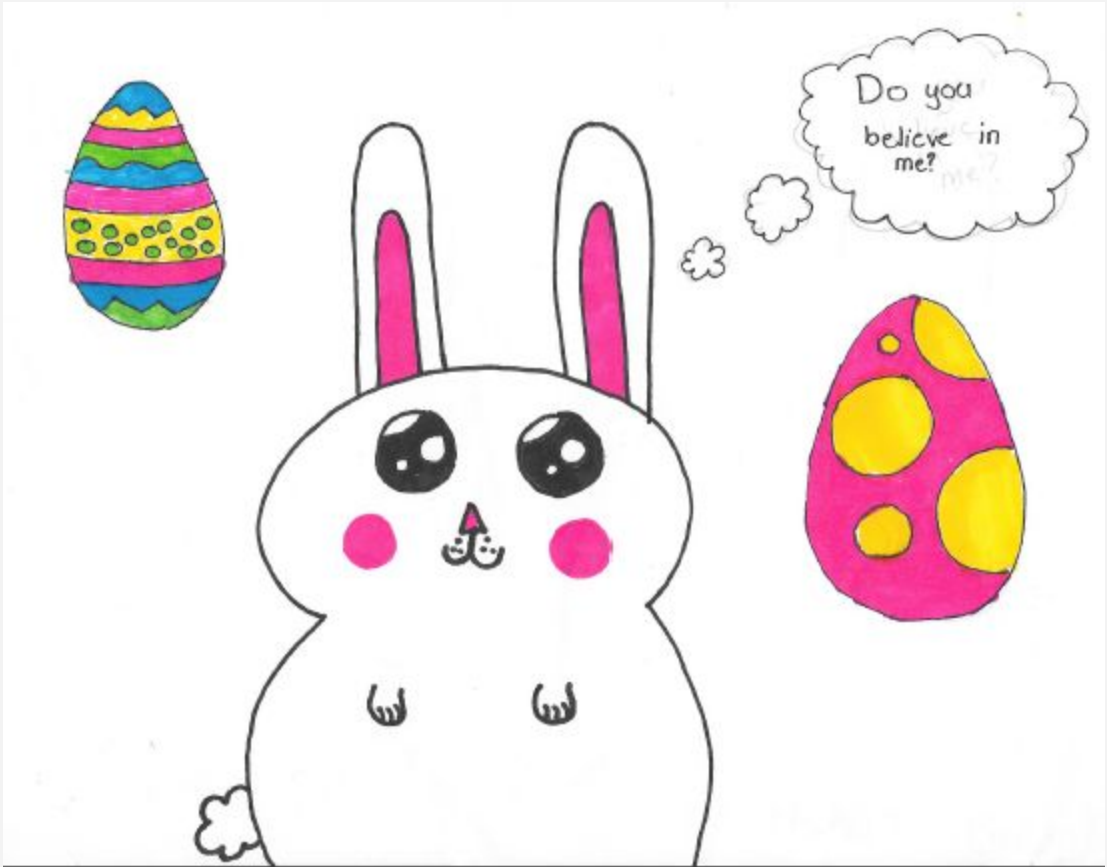
original artwork/comics/cartoons
(enlarged)



ARTWORK BY: ANTHONY SERGIO



ARTWORK BY: NICHOLAS CONNOLLY



ARTWORK BY: AURORA CORBETT



ARTWORK BY: DELANEY BAZYDLO



ARTWORK BY: DELANEY BAZYDLO

CHECK US OUT ONLINE!
- [HTTP://Graisingstar.weebly.com/](http://Graisingstar.weebly.com/) -
SEND TIPS/IDEAS TO: TLESTAGE@FREELAKE.ORG

FOOD★FUN

2018

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ½ Day No Food Served	3 Chicken Nuggets Soft Pretzel Cherry Tomatoes Baby Carrots Raisins	4 Breakfast for Lunch: Bacon Egg and Cheese on a Bagel Hash Brown Baby Carrots Raisins	5 Opening Day at Fenway! Hot Dog on a Bun Baked Beans Baby Carrots Raisins Italian Ice	6 Individual Pan Pizza Tossed Salad Baby Carrots Raisins
9 Chicken Tenders Dinner Roll Sweet Potato Tots Fresh Grapes Mixed Fruit	10 Crunchy Beef Tacos with Lettuce and Cheese Black Bean Salsa Fresh Grapes Mixed Fruit	11 Breakfast for Lunch: French Toast Sticks Sausage Hash Brown Fresh Grapes Mixed Fruit	12 LUCKY TRAY DAY!! Roast turkey and Gravy Mashed Potato Fresh Grapes Mixed Fruit	13 Pepperoni or Cheese Pizza Tossed Salad Fresh Grapes Mixed Fruit
16	17	18 Did you know??	19	20
Fenway Park hosted its first professional baseball game on April 20, 1912, with the Red Sox beating the New York Highlanders 7-6 in 11 innings. 27,000 fans attended the opener.				
23 Hamburger or Cheeseburger on a Bun Baked Beans Diced Strawberries Applesauce	24 Popcorn Chicken Dinner Roll Sweet Potato Tots Diced Strawberries Applesauce	25 Breakfast for Lunch: Waffles with Sausage Hash Brown Diced Strawberries Applesauce	26 Mac N' Cheese Steamed Peas Diced Strawberries Applesauce	27 White Pizza Fingers with Dipping Sauce Tossed Salad Diced Strawberries Applesauce
30 Mini Corn Dogs Baked Beans Orange Smiles Diced Peaches	1 Grilled Cheese with Chicken Noodle Soup Diced Carrots Orange Smiles Diced Peaches	2 Breakfast for Lunch: Pancakes with Sausage Hash Brown Orange Smiles Diced Peaches	3 LUCKY TRAY DAY!! Crunchy Fish Sticks Potato Tots Orange Smiles Diced Peaches	4 Pepperoni or Cheese Pizza Tossed Salad Orange Smiles Diced Peaches

More Info... Available Daily:

- Turkey & Cheese Sandwich
- Ham & Cheese Sandwich
- Tuna Salad Sandwich
- Toasted bagel w/ Cream Cheese, Yogurt & String Cheese
- Skim, 1%, and Chocolate Milk
- Garden Salad with a Yogurt & String Cheese
- Sunbutter & Jelly Sandwich

3¾-5
Cups of Vegetables

3-5 cups of vegetables per week for lunch, including vegetables that are dark orange/red, dark green and beans/legumes.

Celebrate Opening Day at Fenway Park with ballpark favorites April 3rd- 6th

Andrea Fay
Foodservice Director
508-947-2660 Ext 7 or
afay@freelake.org

Meal Prices:
Reduced: \$0.40
Paid: \$2.50
Milk: \$0.50
Menus are subject to change without notice.

ARAMARK

Freetown-Lakeville Elementary Schools

Cool★Café

Special News...

Lucky Tray Days:
April 12th – Mini Springs
May 3rd – Smencils



THE GRAIS RISING STAR



"Created by students, for students."



RACHEL LECUYER (Grade 4) IZZY HINGSTON (5TH Grade) NATHAN TRUE (4TH Grade)
THE LUCKY WINNERS OF OUR GRAIS RISING STAR GOLDEN TICKET PROMOTION!

CHECK US OUT ONLINE!
- [HTTP://Graisingstar.weebly.com/](http://Graisingstar.weebly.com/) -
SEND TIPS/IDEAS TO: TLESTAGE@FREELAKE.ORG

