



Freeport High School

April

# LUNCH

**M**

New!

HOMEMADE MEAT LOVER'S PASTA BAKE  
HOMEMADE SHEPHERD'S PIE W/ A BREADSTICK  
BOSCO STICKS W/ DIPPING SAUCE

**T**

SWEDISH MEATBALLS W/ RICE  
CHEESEBURGER MAC W/ A BREADSTICK  
MAC & CHEESE W/ A BREADSTICK  
RICHBOY SUB

**W**

TACO & NACHO BAR W/ ALL THE FIXINGS:  
CHOICE OF BEEF, BUFFALO CHICKEN OR CHEESE  
CRISPY CHICKEN SANDWICH

**T**

BAKED POTATO BAR W/ CHOICE OF TOPPERS: BROCC.-CHEESE OR  
BACON-CHEESE  
HOMEMADE CHICKEN CORDON BLEU CASSEROLE  
RANCH CHICKEN & BACON SAND / TURKEY-BACON FLATBREAD

**F**

New!

PORK ROAST W/ GRAVY & BREADSTICK  
VEGGIE FRIED RICE W/ A VEGGIE EGG ROLL  
ITALIAN SAUSAGE SUB  
CRISPY FISH SANDWICH

# EVERY SINGLE DAY.

WHOLE GRAIN PIZZAS

VEGETARIAN FARE

LOWFAT YOGURT AND HONEY GRANOLA PARFAITS

GARDEN BAR WITH KEN'S™ DRESSINGS

FRUIT CUPS

FRESHLY MADE HOT & COLD SANDWICHES

GLUTEN FREE OPTIONS

## MENU NOTES

### homemade.

Your school meals might look a little different lately. That's because we're featuring more home-cooked meals that fuel your day. Try one soon!

### healthy.

In addition to your favorite entrees, each menu day provides you with a wide variety of veggies, fruits and legumes such as New England baked beans and black beans and rice.

- FULL PRICE MEAL: \$2.90
- REDUCED PRICE MEAL: \$0.40
- ADULT MEAL: \$4.50



RSU 5 SCHOOL NUTRITION PROGRAM

An equal opportunity provider and employer. Call 207-865-0928 x 4 for more information.