

Freeport High School

December

LUNCH

M

HOMEMADE AMERICAN CHOP SUEY
HOMEMADE CHICKEN & BROCCOLI STUFFING CASSEROLE
BOSCO STICKS WITH SAUCE
ITALIAN SAUSAGE SUB

T



HOMEMADE SHEPHERD'S PIE
SWEET & SOUR CHICKEN W/ RICE
MEATBALL SUBS
GRILLED CHICKEN OR VEGGIE BURGER



W

BAKED POTATO BAR W/ CHOICE OF TOPPINGS
HOMEMADE CHILI W/ TORTILLA CHIPS
HOMEMADE PASTA BAKE W/ MEATBALLS
SPICY CHICKEN SANDWICH OR TURKEY-BACON FLATBREAD MELT

T

NACHO & SOFTSHELL TACO BAR:
CHEESE, SEASONED CHICKEN OR BEEF OR BUFFALO CHICKEN
CRISPY CHICKEN SANDWICH
VEGGIE BURGERS

F

TURKEY ROAST W/ GRAVY AND ALL THE FIXINGS
RICH BOY FLATBREAD MELT
HOTDOGS IN BUNS
FISH SANDWICH OR VEGGIE BURGER

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.