



Freeport High School

December

BREAKFAST

Breakfast Platter:

M Scrambled Eggs, Sausage, Biscuit and a Hash Brown

New!

T Pancakes with Sausage and NEW Toppers: Strawberry or Blueberry

New!

W Egg Scramble: Ham, Peppers and Onions or Veggie with Hash Brown & Biscuit

T French Toast with Sausage

New!

F Breakfast Quesadilla: Egg, Cheese and Veggies, with or without Bacon or Ham

start your day the right way.

- FRUIT AND YOGURT SMOOTHIES AND PARFAITS
- BAGELS AND CREAM CHEESE
- EGG AND CHEESE SANDWICHES WITH SAUSAGE OR HAM
- ASSORTED MUFFINS
- COLD CEREALS WITH MILK
- WHOLE GRAIN BREAKFAST FLATBREADS AND PIZZAS
- 100% FRUIT JUICES
- LOWFAT AND NONFAT MILKS

- FULL PRICE MEAL: \$1.70
- REDUCED PRICE MEAL: FREE
- ADULT MEAL: \$2.10



RSU 5 SCHOOL NUTRITION PROGRAM

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