

Freeport Middle School

BREAKFAST

MONDAY

Oatmeal Bar w/ Assorted Toppings

TUESDAY

Breakfast Bowl: Eggs, Sausage,
Cheese with Hash Browns

WEDNESDAY

Pancakes and Sausage

THURSDAY

Breakfast Smoothies

FRIDAY

Breakfast Sandwich w/
a Hash Brown

RSU5'S NUTRITION PROGRAM IS
AN EQUAL OPPORTUNITY
PROVIDER AND EMPLOYER.

For questions about this program, your student's
account, or for information about reduced price
meals, please contact Erin Dow, Nutrition Director
at 207-865-0928 x 4 or dowe@rsu5.org.

DECEMBER

HOW DOES IT WORK?

Each day you'll have a choice of five or more items. You'll choose at least three, and one of them **MUST BE FRUIT OR JUICE**.

Daily specials are on the left, and in addition to those, you can choose from the following items daily:

- Assorted flavors of 4 ounce lowfat yogurt
- Fruit or 100% fruit juice
- Assorted low-sugar cereals
- Whole grain breakfast or cereal bar
- Lowfat white milk or nonfat flavored milk



PRICING:

Full Price Student Breakfast: \$1.70
Reduced Price Student Breakfast: Free
Adult Breakfast: \$2.10
Milk a la carte: \$0.60