

FREEPORT MIDDLE SCHOOL

LUNCH MENU

MONDAY

Homemade Chicken Alfredo
French Toast and Sausage
Cheeseburger & Fries

SOUP:
Corn
Chowder

TUESDAY

Baked Potato Bar w/ Assorted Toppings
Chicken Fajitas w/ All The Fixings
Crispy Chicken Sandwich

SOUP:
Veggie

WEDNESDAY

Spaghetti w/ Meatballs or Marinara
Assorted Pizzas
Haddock Sandwich

THURSDAY

Homemade Chicken Pot Pie
Meatball Subs
Grilled Cheese Flatbread & Soup

SOUP:
Haddock
Chowder

FRIDAY

Homemade Shepherd's Pie
Bosco Sticks w/ Marinara
Teriyaki Chicken Sub

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

School Barbecue

Thursday, December 6

Kielbasa on a Roll

Sauerkraut and Peppers and Onions

Boston Baked Beans

Ambrosia Salad

Peppermint Sugar Cookies



EVERY DAY

Choose from the following options in
addition to the daily specials listed to
the left.

-Assorted Cold Sandwiches

-A Full & Fresh Garden Veggie
and Fruit Bar, Dried Fruit

-Large Yogurt and Fruit
Parfaits with Honey Granola
for Lunch

-Garden Veggie Burgers...try
our Spicy Mayo!

PRICING:

Full Price Student Lunch: \$2.90

Reduced Price Student Lunch: \$0.40

Adult Lunch: \$4.50

Milk a la carte: \$0.60

A la carte items such as chips and snacks
are available to purchase only if student
lunch account is in good standing.

