



Freeport High School

# LUNCH

# February

## M



HOMEMADE CHICKEN-BROCCOLI ALFREDO PENNE  
THANKSGIVING SUB SANDWICH  
HOMEMADE SHEPHERD'S PIE W/ BREADSTICK  
RANCH GRILLED CHICKEN-BACON SANDWICH

## T

HOMEMADE CHICKEN POT PIE W/ BISCUIT TOPPER  
AMERICAN CHOP SUEY W/ BREADSTICK  
HOMEMADE CHILI W/ CORN CHIPS  
SPICY CHICKEN SANDWICH

## W

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

## T



HOMEMADE TERIYAKI CHICKEN STIR-FRY  
HOMEMADE WHITE CHICKEN ENCHILADA CASSEROLE  
BAKED POTATO BAR  
GRILLED CHICKEN SANDWICH

## F



TURKEY ROAST W/ GRAVY & BREADSTICKS  
HOMEMADE MEATLOAF & GRAVY  
NASHVILLE HOT CHICKEN 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.