

FREEPORT MIDDLE SCHOOL

LUNCH MENU

SOUP DAY

MONDAY

Homemade Broccoli/ & Chicken Casserole
Bosco Sticks w/ Sauce
Homemade Sloppy Joes

SOUP DAY

TUESDAY

Chinese Orange Chicken w/ Rice
Beef Tacos
Cheeseburgers

SOUP DAY

WEDNESDAY

Homemade American Chop Suey
Steak & Cheese Sub w/ Fries
Assorted Pizzas

THURSDAY

Open-Faced Turkey Sub
Crispy Haddock Sandwich
Hot Dogs & Pasta Salad

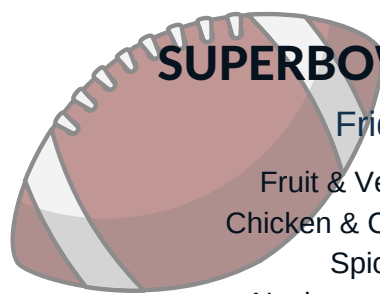
FRIDAY

Feb. 1: Superbowl Menu
Feb. 8: Fab Friday
Feb. 15: Early Release: PIZZA

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.

FEBRUARY



SUPERBOWL MENU

Friday, January 4

Fruit & Veggie Bar w/ Dip
Chicken & Cheese Taquitos
Spicy Chicken Bites
Nachos w/ All The Fixings

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.

