



Freeport High School

January

# BREAKFAST

**M**

French Toast Bites  
w/ Maple Icing

New!

**T**

Waffle Sticks  
w/ Sausage

**W**

Assorted  
Breakfast Burritos

New!

**T**

Oatmeal Bar w/  
Choice of Toppings

**F**

WG Glazed Donuts

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.