



Freeport High School

January

LUNCH

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New!

HOMEMADE CHICKEN CORDON BLEU BAKE
CUBANO FLATBREAD MELT
HOMEMADE SHEPHERD'S PIE
SPICY CHICKEN SANDWICH

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New!

HOMEMADE SZECHUAN BEEF W/ RICE
HOMEMADE BANGERS & MASH
BBQ PULLED PORK SUB
CHICKEN NUGGETS

W

NACHO & SOFTSHELL TACO BAR:
CHOICE OF CHEESE, SEASONED CHICKEN,
BEEF OR BUFFALO CHICKEN
CRISPY CHICKEN SANDWICH

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HOMEMADE STUFFED PEPPERS
HOMEMADE CHICKEN PARMESAN PASTA BAKE
BAKED POTATO BAR W/ CHOICE OF CHEESE & BACON,
BROCCOLI & CHEESE OR CHICKEN & GRAVY

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PORK ROAST DINNER W/ ALL THE FIXINGS
HOMEMADE MEATLOAF
FISH SANDWICH
STEAK & CHEESE SUB W/ PEPPERS AND ONIONS



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.