

FREEPORT MIDDLE SCHOOL

LUNCH MENU

MONDAY

Chicken Cordon Bleu Casserole
Grilled Cheese & Tomato Soup
Turkey Soup w/ a Dinner Roll

SOUP
DAY

TUESDAY

Homemade Meatloaf & Mashed Potato
Taco Bar with All The Fixings
Haddock Sandwich

WEDNESDAY

Chicken Parm w/ a Roll
Hot Ham & Cheese Sub
Assorted Pizza

SOUP
DAY

THURSDAY

Roast Turkey & Mashed Potatoes
French Toast & Sausage
Crispy Chicken Sandwich

FRIDAY

Homemade Chili & Cornbread
Pulled Pork Sub & Baked Beans
Teryaki Chicken, Fried Rice & Egg Roll

SOUP
DAY

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.

JANUARY

School Barbecue

Friday, January 4



Hamburgers & Cheeseburgers
Cheesy Fries
Cole Slaw
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.



Freeport Middle School

BREAKFAST

MONDAY

Oatmeal Bar w/ Assorted Toppings

TUESDAY

Breakfast Bowl: Eggs, Sausage,
Cheese with Hash Browns

WEDNESDAY

Pancakes and Sausage

THURSDAY

Breakfast Smoothies

FRIDAY

Breakfast Sandwich w/
a Hash Brown

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DECEMBER

HOW DOES IT WORK?

Each day you'll have a choice of five or more items. You'll choose at least three, and one of them **MUST BE FRUIT OR JUICE**.

Daily specials are on the left, and in addition to those, you can choose from the following items daily:

- Assorted flavors of 4 ounce lowfat yogurt
- Fruit or 100% fruit juice
- Assorted low-sugar cereals
- Whole grain breakfast or cereal bar
- Lowfat white milk or nonfat flavored milk



PRICING:

Full Price Student Breakfast: \$1.70
Reduced Price Student Breakfast: Free
Adult Breakfast: \$2.10
Milk a la carte: \$0.60

RSU 5 Elementary

BREAKFAST

MONDAY

Assorted Breakfast Pastries

TUESDAY

Yogurt and Cereal or Granola

WEDNESDAY

Bagels and Cream Cheese

THURSDAY

Chef's Choice

FRIDAY

Chef's Choice

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JUNE

HEY WAIT THIS LOOKS DIFFERENT!

This is our end of year approach to help our district make use of the food we have in stock as the school year winds down. It mirrors our menu approach at the middle and high schools with weekly menus that change each month. June's breakfasts will be simple and mostly cold.

**IT ALSO
KEEPS OUR
STAFF,
STUDENTS &
SCHOOL
COOL**



**THE FINAL WEEK OF SCHOOL
WILL BE CHEF'S CHOICE.**

PRICING:

Full Price Student Breakfast: \$1.70
Reduced Price Student Breakfast: Free
Adult Breakfast: \$2.10
Milk a la carte: \$0.60