



Freeport High School

March

BREAKFAST

M

Waffles & Sausage

T

Fruit-Filled Churros:
Apple or Raspberry

W

Breakfast Scramble:
Eggs, Cheese & Choice
of Meat

T

Oatmeal Bar w/ Toppers:
Apple, Craisins & Brown
Sugar

F

Assorted Breakfast Burritos

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.