

FREEPORT MIDDLE SCHOOL

LUNCH MENU

SOUP DAY

MONDAY

Teriyaki Chicken & Rice Bowl
Baked Mac & Cheese w/ a Roll
Spicy Chicken Sandwich

SOUP DAY

TUESDAY

Chicken-Cheese Taquito w/ Mexicali Rice
Sweet & Sour Chicken
Hamburger on a Bun

SOUP DAY

WEDNESDAY

Homemade Lasagna w/ a Roll
Haddock Sandwich
Assorted Pizzas

THURSDAY

Pulled Pork Sub w/ Baked Beans
Homemade Chili & Chops
Nacho Bar w/ All The Fixings

FRIDAY

Grilled Cheese & Tomato Soup
Chicken and Cheese Quesadillas w/ Rice
Chicken Nuggets & Fries

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.

MARCH

BBQ Menu: March 15



Barbecue Chicken
Hot Dogs in Buns
Baked Beans
Creamy Coleslaw & Potato Salad
Chocolate Chip Cookie

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.

