

FREEPORT MIDDLE SCHOOL

LUNCH MENU

MONDAY

Homemade Meatloaf & Mashed Potatoes
Spicy Chicken Sandwich
Chicken Nuggets and Fries

TUESDAY

Taco and Burrito Bar: Beef or Veggie
Nacho Bar with All the Fixings
Cheese or Chicken Quesadilla w/ Rice

WEDNESDAY

Homemade American Chop Suey
Assorted Pizzas
Cheeseburger with French Fries

THURSDAY

Stir Fry w/ Rice: Chicken or Vegetarian
Homemade Chili and Corn Bread
Meatball Sub w/ Roasted Potatoes

FRIDAY

BBQ Pulled Pork Sub
Haddock Sandwich
Whole Grain French Toast & Sausage

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.

OCTOBER

FIRST ~~FRIDAY~~ BARBECUE

Thursday, October 4, 2018

Sweet Italian Sausage Subs with
Peppers and Onions
Hot Dogs

Miss Marie's Famous Potato Salad



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.

