



Freeport High School

March

BREAKFAST

M

French Toast
& Sausage

T

WG Donut with Glaze

W

Colby Cheese Omelet
w/ Hash Brown &
Biscuit

T

Glazed French
Toast Bites

F

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

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