

Freeport High School

May

LUNCH

M

HOMEMADE AMERICAN CHOP SUEY W/ A BREADSTICK



CRISPY CHICKEN CAESAR WRAPS

CHOICE OF SPICY OR REGULAR CHICKEN NUGGETS

GRILLED CHICKEN SANDWICH

T

KUNG PAO CHICKEN W/ RICE

PORK ROAST CASSEROLE W/ CORN & ROSEMARY POTATO TOPPER

MEATBALL SUBS

SPICY CHICKEN SANDWICH

W

TACO & NACHO BAR W/ ALL THE FIXINGS:

CHOICE OF BEEF, BUFFALO CHICKEN OR CHEESE

CRISPY CHICKEN SANDWICH

T

HOMEMADE PASTA BAKE W/ MEATBALLS

HOT DOGS

CHICKEN OR VEGGIE QUESADILLAS

GRILLED CHICKEN, BACON & RANCH SANDWICH

F

TURKEY W/ GRAVY, ALL THE FIXINGS & BREADSTICK

BBQ PULLED PORK SUB

OVEN BAKED CHICKEN

CRISPY FISH SANDWICH

EVERY SINGLE DAY.

WHOLE GRAIN PIZZAS

VEGETARIAN FARE

LOWFAT YOGURT AND HONEY GRANOLA PARFAITS

GARDEN BAR WITH KEN'S™ DRESSINGS

FRUIT CUPS

FRESHLY MADE HOT & COLD SANDWICHES

GLUTEN FREE OPTIONS




MENU NOTES

homemade.

Your school meals might look a little different lately. That's because we're featuring more home-cooked meals that fuel your day. Try one soon!

healthy.

In addition to your favorite entrees, each menu day provides you with a wide variety of veggies, fruits and legumes such as New England baked beans and black beans and rice.

-  FULL PRICE MEAL: \$2.90
-  REDUCED PRICE MEAL: \$0.40
-  ADULT MEAL: \$4.50



RSU 5 SCHOOL NUTRITION PROGRAM

An equal opportunity provider and employer. Call 207-865-0928 x 4 for more information.