

FREERPORT MIDDLE SCHOOL

LUNCH MENU

SOUP DAY

MONDAY

Baked Mac & Cheese w/ a Roll
Hamburger Bar
Grilled Cheese & Soup

TUESDAY

Make Your Own Italian
Chicken Fajitas w/ Rice
Fish Sticks & Fries

SOUP DAY

WEDNESDAY

Homemade Pasta Bake w/ a Roll
Assorted Pizzas
Haddock Sandwich

THURSDAY

Pulled Pork Sub w/ Baked Beans
Cheeseburger Bar
Chicken Nugget Basket

SOUP DAY

FRIDAY

Chicken Caesar Salad w/ a Roll
Spicy or Crispy Chicken Sandwich
Bosco Sticks w/ Sauce

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.

MAY

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.

