



Freeport High School

September

LUNCH

M

HOMEMADE CHOP SUEY W/ A BREADSTICK
HOT DOGS IN BUNS
PORK SLAVKI FLATBREAD W/ TZATZIKI SAUCE
SPICY CHICKEN SANDWICH New!

T

HOMEMADE CHICKEN TERIYAKI W/ RICE
BOSCO STICKS W/ DIPPING SAUCE
MEATBALL SUB
RANCH GRILLED CHICKEN & BACON SANDWICH

W

SOFT SHELL TACO & NACHO BAR W/ ALL THE FIXINGS:
CHOICE OF BEEF, BUFFALO CHICKEN, CHICKEN OR CHEESE
CRISPY CHICKEN SANDWICH

T

HOMEMADE PASTA BAKE W/ MEATBALLS & BREADSTICK
GRILLED HAM OR HAM & CHEESE, W/ TOMATO OR CHIX NOODLE SOUP
HOMEMADE KUNG PAO CHICKEN, RICE & AN EGGROLL
GRILLED CHICKEN SANDWICH

F

TURKEY W/ GRAVY, ALL THE FIXINGS & BREADSTICKS
HOMEMADE REG. OR CHEESEBURGER MAC & CHEESE
HOMEMADE MEATLOAF W/ BREADSTICKS
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
-  FREE/REDUCED PRICE MEAL: \$0.00
-  ADULT MEAL: \$5.00



RSU 5 SCHOOL NUTRITION PROGRAM

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