

# FREEMPORT MIDDLE SCHOOL

## LUNCH MENU

### MONDAY

Alfredo and Broccoli Bake  
Sloppy Joe on a Bun  
French Toast & Sausage

### TUESDAY

Taco & Burrito Bar: Choice of Beef or Veggie & Cheese with Rice  
Hamburger on a Bun

### WEDNESDAY

American Chop Suey w/ a Roll  
Haddock Sandwich  
Pizza: Veggie or Meat

### THURSDAY

Veggie Stir Fry w/ Rice  
Creamy Mac & Cheese w/ a Roll  
Meatball Sub

### FRIDAY

Grilled Cheese Sandwich w/ Soup  
Bosco Sticks & Sauce  
Fish Sticks & Fries

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](mailto:dowe@rsu5.org).

# SEPTEMBER

**School BBQ: Sept. 6!**  
Burgers, Hot Dogs, Cole Slaw and Fresh Watermelon!

### EVERY DAY

Choose from the following options in addition to the daily specials listed to the left.

- Chicken Burgers, Cheese Burgers and Veggie Burgers
- Assorted Pizza Slices
- Assorted Cold Sandwiches
- A Full & Fresh Garden Veggie and Fruit Bar, Dried Fruit
- Large Yogurt and Fruit Parfaits with Honey Granola for Lunch

### PRICING:

Full Price Student Lunch: \$2.90  
Reduced Price Student Lunch: \$0.00  
Adult Lunch: \$5.00  
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.



SOUP DAY