



Freeport High School

September

BREAKFAST

M

Fruit Churros:
Raspberry or Apple

T

Homemade Breakfast Bowl:
Home Fries, Eggs, Bacon
& Cheese

W

Breakfast Boscós:
Egg, Bacon & Cheese

T

French Toast & Sausage

F

WG Donuts w/ Assorted
Glazes

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

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