



NOVEMBER 2020

MSAD 75 Weekly Meals

All Meals are Free
Menu Subject to Change without Notice

This Institution is an Equal Opportunity Provider

Monday

Breakfast Items to include: **2**
Pancakes
Pop Tarts
Cereal
Breakfast Pizza
Breakfast Breads/Donuts

All Meals to include a fruit & Vegetable and Milk **9**

We are Now Featuring Fresh Carrots from Crrystal Springs Farm in Brunswick! **16**

Please contact Katy DiC-
ara with special Diets or
delivery needs at dic-
arak@link75.org **23**

Tuesday

No School **3**
Election Day

Pasta & Sauce **10**
Mini Corn Dogs
Macaroni & Cheese
Grilled Cheese w/Vegetable Soup
Smucker Uncrustable & Cheese Stick
Fruit, Vegetables & Milk
Weekly Meal Pick Up

Macaroni Lunch Break **24**
Chili Lunch Break
Grilled Chicken Sandwich
Tony's Pizza Rounds
Smuckers Uncrustable & Cheese Stick
Fruit & Vegetables, Milk
Weekly Meal Pick up

Wednesday

Bosco Stick w/Sauce **4**
French Toast Square, sausage & Syrup
Hamburger, Tots
Smucker Uncrustable & Cheese Stick
Ham & Cheese Sandwich
Fruit, Vegetables & Milk
Weekly Meal Pick Up

No School **11**
Veterans Day

Taco Cheese Chip Cups **18**
Chicken Nuggets
Bagel, CC, Cheese stick, Seeds
Meatball Subs
Turkey & Cheese Sandwich
Fruit & Vegetables
Weekly Meal Pick Up

No School **25**
Professional Development Day

Thursday

5

12

19

26

No School
Thanksgiving Day

Friday

6

13

20

27

No School
Thanksgiving Break

30



Please note the changes in Meal pick ups due to Holidays

