



LUNCH

This institution is an Equal Opportunity Employer

# OCTOBER 2018

## MSAD 75 Elementary Lunch

Lunch Price \$2.75 Paid  
\$.40 Reduced  
Milk outside the meal is \$.50  
Menu is Subject to Change without notice

### Monday

BBQ Chicken & Cheddar Sub  
OR  
Veggie Sub  
Golden Corn  
Smiles  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

1

### Tuesday

Souper Tuesday!  
  
Grilled Cheese  
OR  
Grilled Ham & Cheese  
Tomato Soup  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

2

### Wednesday

Chicken Parmesan  
With or Without Pasta  
Garlic Green Beans  
Texas toast  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

3

### Thursday

Herb Roasted Chicken  
OR  
Fish Sticks  
Crunchy Baby Carrots  
Fiesta Rice  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

4

### Friday

Professional Development Day  
  
No School

5

Columbus Day

No School

8

Home made Macaroni & cheese  
Ham Slices  
Or  
Ham Sandwich  
Peas & Carrots  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

9

Tangy Tangerine Chicken  
Steamed Edamame  
Teriyaki Noodles  
Glazed Carrots  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

10

Home Style BBQ Chicken  
OR  
Rib B Que  
Baked Beans & Creamy Cole Slaw  
Mashed Potato  
Fresh Baked Corn Bread  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

11

Variety of French Bread Pizzas  
Honey Ginger Kale Salad  
Fresh Fruit & Veggie Bar  
Maine Apple Slices with Cinnamon  
Ice Cold Milk

12

Waffles & Scrambled Eggs  
Sausage Patty  
Warm apple Crisp with Topping  
Kiwi Rounds  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

15

Hard Or Soft Tacos  
Beef, Beans, Cheese, Lettuce  
Diced Tomato, Salsa & Sour Cream  
Fiesta Corn  
Brown Rice  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

16

Creamy Alfredo Pasta  
With or without Grilled Chicken  
Roasted Broccoli  
WG Breadstick  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

17

Shepherd's Pie  
Or  
Grilled Cheese  
Sweet Cornbread  
Pea Pods  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

18

Variety of Pizza  
Carrot Sticks  
Cucumber Wheels  
Hummus  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

19

Popcorn Chicken & Roll  
OR  
Tuna Salad Sandwich  
Potato Wedges  
Green Beans  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

22

Souper Tuesday!  
  
Grilled Cheese or  
Grilled Ham & Cheese  
Chicken Noodle Soup  
Fresh Fruit & Veggie Bar  
Orange Smiles  
Ice Cold Milk

23

Italian Sampler  
Ricotta Stuffed Shells  
Meatballs & Mozzarella Sticks  
Lemon Zest Broccoli  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

24

Meatball Subs  
OR  
Turkey BLT Sandwich  
Marinated Tomatoes  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

25

Variety of Big Daddy's Pizza  
Garden Salads  
Fun Chips  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

26

Shaved Steak subs  
(Cheese, peppers & Onions)  
OR  
Veggie Sub  
Crunchy Raw Broccoli & Dip  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

29

Chicken OR Cheese  
Quesadilla  
Fiesta Corn  
Spicy Black Beans  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

30

Halloween!!!  
Jack-o-lantern Pizza Rounds  
OR  
Mummy Dogs  
Spider Eggs ( Grapes )  
Boo Boo Bananas  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

31

All our Meals are made with Whole Grain Products