



This institution is an equal opportunity Employer

# SEPTEMBER 2018

## MSAD 75 Elementary

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

### Monday

Labor Day

No School

All Products served in our schools are Whole Grain

3

### Tuesday

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

4

### Wednesday

Souper Tuesday!

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

5

### Thursday

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

6

### Friday

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

7

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

10

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

11

Turkey Bacon Ranch Wrap  
OR  
Turkey & Cheese Sandwich  
Roasted Parmesan Carrots  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

12

BBQ Pulled Pork Sandwich  
OR  
Toasted Cheese Sandwich  
Mashed Potato  
Fruit Crisp  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

13

Variety of Pizza Choices  
Red & Green Pepper Strips  
Fresh Fruit & Veggie Bar  
Fun Chips  
Ice Cold Milk

14

Eagle Sampler  
Nuggets, Nachos & Onion Rings  
OR  
Buttered Noodles  
Veggie Sticks with Hummus  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

17

French Toast Sticks & Sausage  
OR  
Breakfast Burrito  
Sweet Potato Homefries  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

18

Pasta Bar!  
Have it your way with a variety of Sauces  
Meatballs  
Sauteed Garlic Spinach  
WG Breadstick  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

19

Bacon Cheeseburger  
Or  
Veggie Burger  
Season Tater Tots  
Sweet Peas  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

20

Variety of Pizza Rounds  
Sweet & Tangy Broccoli Salad  
Marinated Chick Peas  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

21

Teriyaki Chicken Breast Sandwich  
OR  
Egg Salad Croissant  
Seasoned Potato Wedges  
Fresh Fruit & Veggie Bar  
Warm Cinnamon Apples  
Ice Cold Milk

24

Taco Boats  
Fill With Meat, Cheese, Lettuce, Tomato  
Chipotle Beans  
Fresh Fruit & Veggie Bar  
Strawberries & Cream  
Ice Cold Milk

25

Beefy Lasagna  
OR  
White Veggie Lasagna  
Roasted Broccoli  
Italian Bread  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

26

Sliced Turkey & Gravy  
OR  
Turkey BLT  
Whipped Potatoes  
Squash  
Fresh Fruit & Veggie Bar  
Cranberry Sauce  
Ice Cold Milk

27

Variety of Big Daddy Pizza Slices  
Red Pepper Strips  
Cucumber Wheels  
White Bean Dip  
Fresh Fruit & Veggie Bar  
Ice Cold Milk

28



Please be sure to add funds to your Child's lunch account to start the School Year off right! If you need assistance, please contact Katy DiCara 729-9961 x238.  
Free & Reduced forms are now available online at [myschoolapps.com](http://myschoolapps.com) or on the MSAD 75 Foodservice Webpage.

