



# OCTOBER 2023

This institution is an equal opportunity provider

MSAD 75 – Mt. Ararat High School

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Breakfast Hot Dog Platter BBQ Flatbreads Pretzel Stick w/Cheese Sauce Bosco Sticks	Popcorn Chicken Bowl Cheese Calzone Steak & Cheese Egg Roll Stuffed Crust Pizza	Garlic Parm Pasta Cheese Bread Buffalo Chicken Pizza Chicken Fries	Sheperd's Pie Chicken Quesadilla Double Cheeseburger French Bread Pizza	<b>NO SCHOOL</b> <b>PROFESSIONAL DAY</b>
<b>NO SCHOOL</b> <b>INDEGENOUS PEOPLES' DAY</b>	Chicken Dinner w/Corn Bread Buffalo Chicken Wrap Deep Dish Pizza Beef Nachos	Chicken Pot Pie w/Biscuit Pazzo Bread Chicken Sandwich <b>Burgers</b> Plain or Cheese	Tomato Soup w/Sour Dough Grilled Cheese Turkey Club Mozzarella Sticks Flatbread Pizza	Sheperd's Pie w/Dinner Roll Black Bean Burger w/Rings Buffalo Chicken Sandwich on Ciabatta
Beef & Bean Burrito w/Yellow Rice Cheese Bosco Sticks Chicken, Bacon, Ranch on Ciabatta Tenders	Chop Suey w/Side Salad Chicken Philly Sub Chili Cheese Dogs w/Chips Stuffed Crust Pizza	Chicken Tender Bowl Fish Sticks w/Fries Rodeo Burger Cheesy Bread w/Sauce	Sweet & Sour Chicken w/Fried Rice Chicken Quesadilla BBQ Pulled Pork Sandwich Chicken Fajita Soup w/Wontons	Big Top Pizza White Cheddar Mac & Cheese w/Chicken Tuna Fish Sub Clam Chowder
Buffalo Pazzo Bread BBQ Chicken Crunch Sandwich Chicken Fries Broccoli Cheddar Soup Cheese Sticks w/Marinara	Spaghetti & Meatballs Grilled Chicken Sandwich BBQ Chicken Nuggets Cheeseburger	Meat Lasagna w/Bread Stick BBQ Rib Sub Pretzel's w/Cheese Buffalo Tenders Pazzo Bread	Alfredo Pasta w/Broccoli Beef Chili w/Cornbread Bacon Cheeseburger on Pretzel Bun Corn Dog Bites	<b>PIZZA DAY</b> Lo-Mein w/Egg Roll Hot Ham & Cheese on a Croissant Maxx Sticks
Stuffed Crust Pizza Cheese Ravioli w/Garlic Toast Rodeo Burger Buffalo Chicken Tenders Garlic Hummus Plate Bosco Sticks	Beef Stew w/Biscuit Turkey Club Spicy Chicken Sandwich Double Cheeseburger Chicken Nuggets Honey Mustard Chicken Wrap			

A reminder to all families:

All meals are free to all students for the 2023-2024 School Year.

Checks can be made payable to:

MSAD 75 Foodservice and will be applied to your child's account.

