

## Elementary Grade School Lunch Menu October 2008

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Cheeseburger w/bun Oven Fries Seasoned Green Beans Fresh Maine Apple	Chicken Fajita Wrap Rice Pilaf Baby Carrots Chilled Mixed Fruit	Rotini w/Meat Sauce Italian Vegetables Garlic Toast Maine Apple Cake	Ham Slice Buttered Noodles Peas & Carrots Chilled Peaches	<b>Cook's Choice</b>
Hot Dog w/roll Oven Fries Corn Fresh Grapes	Chicken Fingers w/BBQ Steamed Rice Mixed Vegetables Chilled Peaches	Hot Turkey & Cheese Hoagie Pasta Salad Veggie Sticks w/dip Chilled Pears	Rotini w/meat sauce Salad w/dressing Bread & Butter Mixed Fruit	Chicken Nuggets w/dip Mashed Potatoes Seasoned Carrots Fresh Orange or Apple
<b>Celebrate Columbus Day NO SCHOOL</b>	<b>National</b> Corn Dogs Smiley Fries Salad w/dressing Fresh Orange	<b>School</b> Sloppy Joe w/roll Mashed Potatoes Cucumber Sticks w/dip Applesauce	<b>Lunch</b> BBQ Rib a cue w/bun Buttered Noodles Seasoned Corn Mixed Fruit	<b>Week</b> Cheeseburger w/bun Macaroni Salad Peas & Carrots Mixed Peaches & Pears
Ham Slice Macaroni w/cheese Salad w/dressing Chilled Pears	Baked Chicken Roasted Red Potatoes Green Beans Pineapple Tidbits	<b>EARLY RELEASE DAY</b> Ham & Cheese Sandwich Vegetable Sticks w/dip Pretzels Fresh Apples	American Chop Suey Seasoned Corn Steamed Broccoli SchoolmadeWheat Roll	School Made-Cheese or Pepperoni Pizza Veggie Sticks w/dip Jello w/pears
French Toast Sticks Sausage Patties Cheese Wedge Chilled Mixed Fruit	Ham & Cheese Croissant Roasted Red Potatoes Salad w/dressing Peaches	Beef Nachos w/salsa Shredded Lettuce Tomato, Cheese Fresh Maine Apples	Sheppard's Pie Green Peas School made Biscuits Pudding	Mummy Fingers (chicken) Hay Stacks(oven fries) Creaky Bones( baby carrots) Warlock's Mix(mixed fruit) Ghoul Aid(milk)
A Milk Variety is Served With Every Meal - Menu is Subject to Change				

## MCSS School Lunch Menu October 2008

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Cheeseburger w/bun Oven Fries Seasoned Green Beans Fresh Maine Apple	Chicken Fajita Wrap Rice Pilaf Baby Carrots Chilled Mixed Fruit	Rotini w/Meat Sauce Italian Vegetables Garlic Toast Maine Apple Cake	Ham Slice Buttered Noodles Peas & Carrots Chilled Peaches	<b>Cook's Choice</b>
Hot Dog w/roll Oven Fries Corn Fresh Grapes	Chicken Fingers w/BBQ Steamed Rice Mixed Vegetables Chilled Peaches	Hot Turkey & Cheese Hoagie Pasta Salad Veggie Sticks w/dip Chilled Pears	Rotini w/meat sauce Salad w/dressing Bread & Butter Mixed Fruit	Chicken Nuggets w/dip Mashed Potatoes Seasoned Carrots Fresh Orange or Apple
<b>Celebrate Columbus Day NO SCHOOL</b>	<b>National</b> Corn Dogs Smiley Fries Salad w/dressing Fresh Orange	<b>School</b> Sloppy Joe w/roll Mashed Potatoes Cucumber Sticks w/dip Applesauce	<b>Lunch</b> BBQ Rib a cue w/bun Buttered Noodles Seasoned Corn Mixed Fruit	<b>Week</b> Cheeseburger w/bun Macaroni Salad Peas & Carrots Mixed Peaches & Pears
Ham Slice Macaroni w/cheese Salad w/dressing Chilled Pears	Baked Chicken Roasted Red Potatoes Green Beans Pineapple Tidbits	<b>EARLY RELEASE DAY</b> Ham & Cheese Sandwich Vegetable Sticks w/dip Pretzels Fresh Apples	American Chop Suey Seasoned Corn Steamed Broccoli SchoolmadeWheat Roll	School Made-Cheese or Pepperoni Pizza Veggie Sticks w/dip Jello w/pears
French Toast Sticks Sausage Patties Cheese Wedge Chilled Mixed Fruit	Ham & Cheese Croissant Roasted Red Potatoes Salad w/dressing Peaches	Beef Nachos w/salsa Shredded Lettuce Tomato, Cheese Fresh Maine Apples	Sheppard's Pie Green Peas School made Biscuits Pudding	Mummy Fingers (chicken) Hay Stacks(oven fries) Creaky Bones( baby carrots) Warlock's Mix(mixed fruit) Ghoul Aid(milk)
A Milk Variety is Served With Every Meal - Menu is Subject to Change				

## SAMS School Lunch Menu October 2008

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sandwich Bar</b> 29 Cheeseburger w/bun Oven Fries Seasoned Green Beans Fresh Maine Apple <b>Salad Bar</b>	<b>Sandwich Bar</b> 30 Chicken Fajita Wrap Rice Pilaf Baby Carrots Chilled Mixed Fruit <b>Salad Bar</b>	<b>Sandwich Bar</b> 1 Rotini w/Meat Sauce Italian Vegetables Garlic Toast Maine Apple Cake <b>Salad Bar</b>	<b>Sandwich Bar</b> 2 Ham Slice Buttered Noodles Peas & Carrots Chilled Peaches <b>Salad Bar</b>	<b>Sandwich Bar</b> 3  <b>Cook's Choice</b>  <b>Salad Bar</b>
<b>Sandwich Bar</b> 6 Hot Dog w/roll Oven Fries Corn Fresh Grapes	<b>Sandwich Bar</b> 7 Chicken Fingers w/BBQ Steamed Rice Mixed Vegetables Chilled Peaches	<b>Sandwich Bar</b> 8 Hot Turkey & Cheese Hoagie Pasta Salad Veggie Sticks w/dip Chilled Pears	<b>Sandwich Bar</b> 9 Rotini w/meat sauce Salad w/dressing Bread & Butter Mixed Fruit	<b>Sandwich Bar</b> 10 Chicken Nuggets w/dip Mashed Potatoes Seasoned Carrots Fresh Orange or Apple
<b>Celebrate</b> <b>Columbus Day</b> NO SCHOOL 13	<b>National</b> 14 Corn Dogs Smiley Fries Salad w/dressing Fresh Orange <b>Salad Bar</b>	<b>School</b> 15 Sloppy Joe w/roll Mashed Potatoes Cucumber Sticks w/dip Applesauce <b>Salad Bar</b>	<b>Lunch</b> 16 BBQ Rib a cue w/bun Buttered Noodles Seasoned Corn Mixed Fruit <b>Salad Bar</b>	<b>Week</b> 17 Cheeseburger w/bun Macaroni Salad Peas & Carrots Mixed Peaches & Pears <b>Salad Bar</b>
<b>Sandwich Bar</b> 20 Ham Slice Macaroni w/cheese Salad w/dressing Chilled Pears <b>Salad Bar</b>	<b>Sandwich Bar</b> 21 Baked Chicken Roasted Red Potatoes Green Beans Pineapple Tidbits <b>Salad Bar</b>	<b>EARLY RELEASE DAY</b> 22 Ham & Cheese Sandwich Vegetable Sticks w/dip Pretzels Fresh Apples	<b>Sandwich Bar</b> 23 American Chop Suey Seasoned Corn Steamed Broccoli SchoolmadeWheat Roll <b>Salad Bar</b>	<b>Sandwich Bar</b> 24 School Made-Cheese or Pepperoni Pizza Veggie Sticks w/dip Jello w/pears <b>Salad Bar</b>
<b>Sandwich Bar</b> 27 French Toast Sticks Sausage Patties Cheese Wedge Chilled Mixed Fruit <b>Salad Bar</b>	<b>Sandwich Bar</b> 28 Ham & Cheese Croissant Roasted Red Potatoes Salad w/dressing Peaches <b>Salad Bar</b>	<b>Sandwich Bar</b> 29 Beef Nachos w/salsa Shredded Lettuce Tomato, Cheese Fresh Maine Apples <b>Salad Bar</b>	<b>Sandwich Bar</b> 30 Sheppard's Pie Green Peas School made Biscuits Pudding <b>Salad Bar</b>	<b>Sandwich Bar</b> 31 Mummy Fingers (chicken) Hay Stacks(oven fries) Creaky Bones( baby carrots) Warlock's Mix(mixed fruit) Ghoul Aid(milk)

A Milk Variety is Served With Every Meal - Menu is Subject to Change

## SAHS School Lunch Menu October 2008

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sandwich Bar</b> 29 Cheeseburger w/bun Oven Fries Seasoned Green Beans Fresh Maine Apple <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 30 Chicken Fajita Wrap Rice Pilaf Baby Carrots Chilled Mixed Fruit <b>Bagel Pizza</b>	<b>Sandwich Bar</b> 1 Rotini w/Meat Sauce Italian Vegetables Garlic Toast Maine Apple Cake <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 2 Ham Slice Buttered Noodles Peas & Carrots Chilled Peaches <b>Bagel Pizza</b>	<b>Sandwich Bar</b> 3  <b>Cook's Choice</b>  <b>Pizza Wedge</b>
<b>Sandwich Bar</b> 6 Hot Dog w/roll Oven Fries Corn Fresh Grapes	<b>Sandwich Bar</b> 7 Chicken Fingers w/BBQ Steamed Rice Mixed Vegetables Chilled Peaches <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 8 Hot Turkey & Cheese Hoagie Pasta Salad Veggie Sticks w/dip Chilled Peas <b>Bagel Pizza</b>	<b>Sandwich Bar</b> 9 Rotini w/meat sauce Salad w/dressing Bread & Butter Mixed Fruit <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 10 Chicken Nuggets w/dip Mashed Potatoes Seasoned Carrots Fresh Orange or Apple <b>Bagel Pizza</b>
<b>Celebrate</b> <b>Columbus Day</b> NO SCHOOL 13	<b>National</b> 14 Corn Dogs Smiley Fries Salad w/dressing Fresh Orange <b>Bagel Pizza</b>	<b>School</b> 15 Sloppy Joe w/roll Mashed Potatoes Cucumber Sticks w/dip Applesauce <b>Pizza Wedge</b>	<b>Lunch</b> 16 BBQ Rib a cue w/bun Buttered Noodles Seasoned Corn Mixed Fruit <b>Bagel Pizza</b>	<b>Week</b> 17 Cheeseburger w/bun Macaroni Salad Peas & Carrots Mixed Peaches & Pears <b>Pizza Wedge</b>
<b>Sandwich Bar</b> 20 Ham Slice Macaroni w/cheese Salad w/dressing Chilled Peas <b>Bagel Pizza</b>	<b>Sandwich Bar</b> 21 Baked Chicken Roasted Red Potatoes Green Beans Pineapple Tidbits <b>Pizza Wedge</b>	<b>EARLY RELEASE DAY</b> 22 Ham & Cheese Sandwich Vegetable Sticks w/dip Pretzels Fresh Apples	<b>Sandwich Bar</b> 23 American Chop Suey Seasoned Corn Steamed Broccoli SchoolmadeWheat Roll <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 24 School Made-Cheese or Pepperoni Pizza Veggie Sticks w/dip Jello w/pears <b>Bagel Pizza</b>
<b>Sandwich Bar</b> 27 French Toast Sticks Sausage Patties Cheese Wedge Chilled Mixed Fruit <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 28 Ham & Cheese Croissant Roasted Red Potatoes Salad w/dressing Peaches <b>Bagel Pizza</b>	<b>Sandwich Bar</b> 29 Beef Nachos w/salsa Shredded Lettuce Tomato, Cheese Fresh Maine Apples <b>Pizza Wedge</b>	<b>Sandwich Bar</b> 30 Sheppard's Pie Green Peas School made Biscuits Pudding <b>Bagel Pizza</b>	<b>Sandwich Bar</b> 31 Mummy Fingers (chicken) Hay Stacks(oven fries) Creaky Bones( baby carrots) Warlock's Mix(mixed fruit) Ghoul Aid(milk)

A Milk Variety is Served With Every Meal - Menu is Subject to Change