

# RSU 54 K-8 School Lunch Menu

## September-20

~Featuring Produce from our Local Maine Farms~

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
See our menu at <a href="http://www.msad54.org">www.msad54.org</a> Students that choose Fruit and Veggie plus Milk = Free Lunch	<b>1</b>  Cheesy Bosco Sticks Red Dipping Sauce Carrots & Broccoli Bites Raspberry Sherbert <b>Fresh Fruit</b>	<b>2</b>  Cheesy Bosco Sticks Red Dipping Sauce Carrots & Broccoli Bites Raspberry Sherbert <b>Fresh Fruit</b>	<b>3</b>  Chicken Filet w/WW Bun New England Baked Beans Sweet Corn Mixed Fruit - Pears <b>Fresh Fruit</b>	<b>4</b>  <b>Breakfast for Lunch</b> Chicken Filet w/WW Bun New England Baked Beans Sweet Corn Mixed Fruit - Pears <b>Fresh Fruit</b>
 <b>Labor Day</b>	<b>7</b>  <b>Totally Taco Day</b> Ground Beef & Cheese salsa & tortilla chips Mexicali Beans w/corn Diced Chilled Pears <b>Fresh Fruit</b>	<b>8</b>  <b>Totally Taco Day</b> Ground Beef & Cheese salsa & tortilla chips Mexicali Beans w/corn Diced Chilled Pears <b>Fresh Fruit</b>	<b>9</b>  <b>Totally Taco Day</b> Sausage Pancake on a Stick Broccoli Bites Creamy Applesauce Chilled Peaches <b>Fresh Fruit</b>	<b>10</b>  <b>Totally Taco Day</b> Sausage Pancake on a Stick Broccoli Bites Creamy Applesauce Chilled Peaches <b>Fresh Fruit</b>
<b>14</b>  Teacher's Workshop Day  <b>Fresh Fruit</b>	<b>15</b>  Cheeseburger w/bun Lettuce & Tomatoes Baked beans Mandarin Oranges <b>Fresh Fruit</b>	<b>16</b>  <b>Pizza Day</b> Cheeseburger w/bun Lettuce & Tomatoes Baked beans Mandarin Oranges <b>Fresh Fruit</b>	<b>17</b>  Big Daddy Ham Pizza or Big Daddy Cheese Pizza Crisp Maine Cucumbers Watermelon Slices <b>Fresh Fruit</b>	<b>18</b>  Big Daddy Ham Pizza or Big Daddy Cheese Pizza Crisp Maine Cucumbers Watermelon Slices <b>Fresh Fruit</b>
<b>21</b>  Egg, Sausage & Cheese Breakfast Croissant Diced Carrots Sweet Applesauce Cup <b>Fresh Fruit</b>	<b>22</b>  Cheesy Chicken Quesadilla w/ Black Bean Salad Lettuce & Tomato Chilled Peaches <b>Fresh Fruit</b>	<b>23</b>  Crispy Chicken Burger w/bun Maine Grown Carrot Sticks Fresh Yellow Banana <b>Fresh Fruit</b>	<b>24</b>  <b>Breakfast for Lunch</b> French Toast Dippers Yogurt Cup Steamed Broccoli Bites Orange Smiles <b>Fresh Fruit</b>	<b>25</b>  <b>Pizza Day</b> School Made Cheesy Bread Sticks w/dipping sauce Steamed Corn Chilled Diced Pears <b>Fresh Fruit</b>
<b>28</b>  Cheesy Beef Burrito w/local lettuce & tomatoes Tangy Tomato & Bean Salsa Chilled Diced Peaches <b>Fresh Fruit</b>	<b>29</b>  Corn Dog Emoji Fries Baked beans Warm Colorful Mixed Veggies <b>Fresh Fruit</b>	<b>30</b>  <b>Breakfast for Lunch</b> Chicken Nuggets & Waffle Sticks GreenBeans Cool Mixed Fruit <b>Fresh Fruit</b>	<b>1</b>  BBQ Pork "Kid"wich Old Style Egg & Potato Salad Farmer's Crisp Cabbage Slaw Warm Cinnamon Apple Slices <b>Fresh Fruit</b>	<b>2</b>  <b>Pizza Day</b> Cheesy Individual Pizzas Local Fresh Salad w/romaine Maine Grown Grape Tomatoes Pineapple Tidbits <b>Fresh Fruit</b>

A Low Fat or Skim Milk Variety is Offered With Every Meal - Menu is Subject to Change Without Notice - All Bread Products meet the USDA Whole Grain requirements for NSLP and HUSSC

"The Maine Department Of Education and the USDA are equal opportunity providers and employers."