

RSU 54 School Lunch Menu

November 2022

All kids eat free, stop by for all 5 or leave with at least 3>



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
31 Spooky Dracula Dogs w/Coffins Candy Corn Veggies Frozen Pink Witches Brew Fruit and Veggie Bar	1 Pizza Waffle Sticks Potato Sausage Hash Steamy Broccoli Maine Blueberries Fruit and Veggie Bar	2 Quesadilla BBQ Pulled Turkey Sub BBQ Baked Beans Creamy Coleslaw Banana Fruit and Veggie Bar	3 Pancake on a Stick Meatball Hoagie Sweet Peas Juicy Ripe Pears Fruit and Veggie Bar	4 BBQ Chicken Pizza Cheese Pizza Crisp Maine Cucumbers Maine Apple
7 Quesadilla Chicken Fajita w/ peppers & onions Mexican Rice w/ Black Beans Diced Pears Fruit and Veggie Bar	8 Corn Dog Chicken Pot Pie Mixed Veggies Warm Homestyle Biscuit Banana Fruit and Veggie Bar	9 Bosco Stick Mac & Cheese w/ Chili Sweet Corn Corn Muffin Fresh orange Fruit and Veggie Bar	10 Bagel Pizza Garden Salad w/Romaine Mixed Fruit Fruit and Veggie Bar	11 NO SCHOOL Veterans Day
14 Quesadilla Beef Burrito Bowl Sweet Corn Warm Black Beans Kiwi Fruit and Veggie Bar	15 Pizza Baked French Toast Sticks Sausage links Diced Carrots Blueberry Compote Fruit and Veggie Bar	16 Pizza Crunchy Fish Sticks Emoji Fries Tossed Salad w/Spinach Applesauce Cup Fruit and Veggie Bar	17 *Holiday Meal* Oven Roasted Turkey Mashed Potatoes & Gravy Squash & Peas Stuffing & Fresh Baked Roll Kitchen Dessert Choice	18 Kitchen's Main Meal Choice Kitchen's Veggie Choice Kitchen's Fruit Choice Fruit and Veggie Bar
21	22	23	24	25
No School Fall Break				
28 Calzone Cheese Burger w/ WG Bun Baked Beans Diced Carrots Banana Fruit and Veggie Bar	29 French Bread Pizza Egg, Sausage, Cheese Croissant Hashbrown Green Beans Mandarin Oranges Fruit and Veggie Bar	30 Chicken Sub Homemade Tomato Soup Toasted Cheese Sweet Corn Fresh Pears Fruit and Veggie Bar	1 Chicken Fillet on WG Bun Sweet Potato Fries Peas Sweet Peaches Fruit and Veggie Bar	2 Stuffed Crust Pizza Tomato Cucumber Salad Fresh Maine Apple Fruit and Veggie Bar

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

"This institution is an equal opportunity provider."