

RSU 54 School Lunch Menu

September-19

~Featuring Produce from our Local Maine Farms~

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*See our menu's online at www.msad54.org</i></p> <p><i>* Join us for lunch - students eat free!</i></p> <p><i>*Students who choose fruit and veggie plus a milk = FREE LUNCH</i></p>		<p style="text-align: center;">Welcome Back! 28</p> <p>Cheesy Bosco Sticks Red Dipping Sauce Carrots & Celery Sticks Raspberry Sherbert Fruit and Veggie Bar</p>	<p style="text-align: center;">29</p> <p>Chicken Filet w/WW Bun New England Baked Beans Pasta Salad Mixed Fruit - Pears Fruit and Veggie Bar</p>	<p style="text-align: center;">Breakfast for Lunch 30</p> <p>Sausage Pancake on a Stick Cherry Tomatoes Creamy Applesauce Chilled Peaches Fruit and Veggie Bar</p>
*WW = Whole Wheat, WG = Whole Grain in accordance with the 2010 HFHKA				
<p style="text-align: center;">Labor Day 2</p> 	<p style="text-align: center;">Totally Taco Day 3</p> <p>Ground Beef & Cheese salsa & tortilla Mexicali Beans & Rice Diced Chilled Pears Fruit and Veggie Bar</p>	<p style="text-align: center;">4</p> <p>Wacky Wednesday Waffles Warm Cubed Ham Whole Hash Brown Rounds Winter Red Strawberries Fruit and Veggie Bar</p>	<p style="text-align: center;">5</p> <p>Corn Dog Bites Old Style Egg & Potato Salad Crunchy Carrots or Celery Baked Apple Crisp Fruit and Veggie Bar</p>	<p style="text-align: center;">6</p> <p>Macaroni & Cheese Boats or Strawberry Uncrustable Maine Cucumbers Rounds Fresh Red Maine Apples Fruit and Veggie Bar</p>
<p style="text-align: center;">Breakfast for Lunch 9</p> <p>French Toast Dippers Yogurt Cup or Cheese Stick Steamed Broccoli Bites Creamy Applesauce Fruit and Veggie Bar</p>	<p style="text-align: center;">10</p> <p>Alaskan Fish Taco's Creamy Sweet Coleslaw New England Baked Beans Fresh Kiwi Fruit and Veggie Bar</p>	<p style="text-align: center;">11</p> <p>Big Daddy Ham Pizza or Big Daddy Cheese Pizza Crisp Maine Cucumbers Watermelon Slices Fruit and Veggie Bar</p>	<p style="text-align: center;">12</p> <p>Pasta w/meat or marinara ~ sauce & WW garlic sticks Fresh Salad w/romaine Icy Cold Peaches Fruit and Veggie Bar</p>	<p style="text-align: center;">13</p> <p>Protein Packed Bistro Box (string cheese/egg/ham) Cucumber & Tomatoes Chewy WG Bagel Fruit and Veggie Bar</p>
<p style="text-align: center;">16</p> <p>Sweet Thai Chicken Bowl Savory Steamed Rice Steamed Mixed Veggies Mixed Fruit w/grapes Fruit and Veggie Bar</p>	<p style="text-align: center;">17</p> <p>Cheesy Chicken Quesadilla Refried Bean w/cheese Fresh Salad w/romaine Chilled Peaches Fruit and Veggie Bar</p>	<p style="text-align: center;">Early Release 18</p> <p>Crispy Chicken Burger w/bun Maine Grown Carrot Sticks Sweet Sun Dried Craisins™ Fruit and Veggie Bar</p>	<p style="text-align: center;">Breakfast for Lunch 19</p> <p>Egg & Cheese Omelet WG Buttery Croissant Crisp Cucumbers Rounds Red Raspberry Sherbert Fruit and Veggie Bar</p>	<p style="text-align: center;">20</p> <p>Garlic Baked RipSticks™ w/dipping sauce & Cheese Sticks Steamed Carrot Bites Chilled Diced Pears Fruit and Veggie Bar</p>
<p style="text-align: center;">23</p> <p>Cheesy Walking Tacos w/local lettuce & tomatoes Tangy Tomato & Bean Salsa Chilled Diced Peaches Fruit and Veggie Bar</p>	<p style="text-align: center;">24</p> <p>Chicken Parmesan Sandwich Baked Potato Emoticons Maine Sweet Corn Fresh Local Maine Apples Fruit and Veggie Bar</p>	<p style="text-align: center;">Breakfast for Lunch 25</p> <p>Chicken Nuggets & Waffles or Yogurt, Cheese Stick & Grain Local Grown Cucumber Sticks Cool Mixed Fruit Fruit and Veggie Bar</p>	<p style="text-align: center;">26</p> <p>BBQ Pork "Kid"wich Maine Roasted Potatoes Farmer's Crisp Cabbage Slaw Baked Cinnamon Apple Slices Fruit and Veggie Bar</p>	<p style="text-align: center;">27</p> <p>Cheesy Individual Pizzas Local Fresh Salad w/romaine Maine Grown Grape Tomatoes Chilled Pears Fruit and Veggie Bar</p>

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."