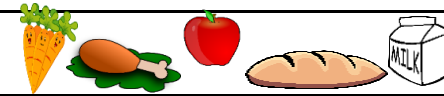


# RSU 54 School Lunch Menu

## November 2023



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>
<b>30</b>	<b>HALLOWEEN</b> <b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Waffle Sticks Potato Sausage Hash Steamy Broccoli Maine Blueberries <b>Fruit and Veggie Bar</b>	Spooky Dracula Dogs w/Coffins Candy Corn Veggies Frozen Pink Witches Brew <b>Fruit and Veggie Bar</b>	BBQ Pulled Pork Sub BBQ Baked Beans Creamy Coleslaw Banana <b>Fruit and Veggie Bar</b>	"54" Chicken Bowl Mashed Potatoes, Cheesy Corn Gravy & Biscuit Fresh Pears <b>Fruit and Veggie Bar</b>	Cheese Quesadilla Salsa & Sour Cream Crisp Maine Cucumbers Maine Apple <b>Fruit and Veggie Bar</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>NO SCHOOL</b>
<b>Nat'l Nacho Day</b> Beef & Cheese Nachos Corn & Black Bean Salsa Lettuce, Tomato, Sour Cream Diced Pears <b>Fruit and Veggie Bar</b>	Chicken Pot Pie Mixed Veggies Warm Homestyle Biscuit Banana <b>Fruit and Veggie Bar</b>	Homemade Tomato Soup Toasted Cheese Sweet Corn Fresh orange <b>Fruit and Veggie Bar</b>	Bosco Sticks Garden Salad w/Romaine Mixed Fruit <b>Fruit and Veggie Bar</b>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>*Holiday Meal*</b> <b>16</b>	<b>17</b>
Pancakes Sausage links Diced Carrots Blueberry Compote <b>Fruit and Veggie Bar</b>	Chicken Fajita w/ peppers & onions Mexican Rice w/ Black Beans Diced Pears <b>Fruit and Veggie Bar</b>	Crunchy Fish Sticks Emoji Fries Steamed Broccoli Applesauce Cup <b>Fruit and Veggie Bar</b>	Oven Roasted Turkey Mashed Potatoes & Gravy Squash & Peas Stuffing & Fresh Baked Roll Kitchen Dessert Choice	Kitchen's Main Meal Choice Kitchen's Veggie Choice Kitchen's Fruit Choice <b>Fruit and Veggie Bar</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
No School Fall Break				
<b>27</b>	<b>Nat'l French Toast Day</b> <b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
Cheese Burger w/ WG Bun Baked Beans Diced Carrots Banana <b>Fruit and Veggie Bar</b>	French Toast Hashbrown Sausage links Mandarin Oranges <b>Fruit and Veggie Bar</b>	Shepard's Pie Mashed Potato, Sweet Corn Dinner Roll Fresh Pears <b>Fruit and Veggie Bar</b>	Chicken Parmesan w/ Pasta Garlic Bread Stick Peas Pineapple Tidbits <b>Fruit and Veggie Bar</b>	Stuffed Crust Pizza Tomato Cucumber Salad Fresh Maine Apple <b>Fruit and Veggie Bar</b>



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."