

# RSU 54 School Lunch Menu

## October 2023



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



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
WG Pancakes and Syrup Yogurt Cup or Cheese Stick Crispy Hashbrown Orange Slices Fruit and Veggie Bar	Italian Grilled Cheese Tasty Tomato Soup Roasted Chick Peas Mixed Fruit Fruit and Veggie Bar	<b>National Taco Day</b> Chicken Taco Bowl Whole Grain Rice Black Beans, Lettuce & Tomatoes Cool Cling Peaches - diced Fruit and Veggie Bar	Meatball Hoagie Sweet Peas Juicy Ripe Pears Fruit and Veggie Bar	<b>World Smile Day</b> Bagel Pizzas Crisp Maine Cucumbers Maine Apple Fruit and Veggie Bar
9	10	11	12	13
<b>NO SCHOOL</b> <b>Indigenous People Day</b>	<b>National</b> Cheeseburger w/bun Lettuce & Tomatoes Garlic Green Beans Crisp Apple Fruit and Veggie Bar	<b>School</b> Beef & Gravy Egg Noodles Steamed Corn Fresh Autumn Pears Fruit and Veggie Bar	<b>Lunch</b> Ham & Cheese Hoagie Roasted Potato Wedges Roasted Broccoli & Cauliflower Mixed Fruit Fruit and Veggie Bar	<b>Week</b> Chicken Fajita w/ peppers & onions Mexican Rice w/ Black Beans Diced Pears Fruit and Veggie Bar
16	17	18	19	20
Tater Tot Egg & Cheese Bake Sausage Links Toasted Bagel Hot Apple Crisp Fruit and Veggie Bar	<b>National Pasta Day</b> Alfredo Chicken Pasta Garlic Bread Stick Steamed Broccoli Banana Fruit and Veggie Bar	Fish Sticks Mashed Potatoes Sweet Peas Mixed Fruit Fruit and Veggie Bar	Chicken Chili Corn Chips Steamed Corn Diced Chilled Pears Fruit and Veggie Bar	Good Crust Pizza Chicken or Beef Carrot & Celery Sticks w/dip Crunchy Crisp Apples Fruit and Veggie Bar
23	24	25	26	27
Egg & Cheese Biscuit Ham Slices Tomato & Cucumber Salad Applesauce Cup Fruit and Veggie Bar	Chicken Parmesan Sub Romaine Salad w/Edamame Diced Chilled Peaches Fruit and Veggie Bar	<b>EARLY RELEASE</b> Chicken Filet w/WW Bun Carrot Sticks Diced Chilled Peaches Fruit and Veggie Bar	Pasta w/Red Sauce Dinner Roll Fresh Salad w/romaine Diced Chilled Pears Fruit and Veggie Bar	<b>National Breadstick Day</b> Pepperoni Bosco Sticks w/Warm Dipping sauce Spinach & Tomato Salad Fresh Maine Apples Fruit and Veggie Bar
30	31	1	2	3
Waffle Sticks Potato Sausage Hash Steamy Broccoli Maine Blueberries Fruit and Veggie Bar	<b>HALLOWEEN</b> Spooky Dracula Dogs w/Coffins Candy Corn Veggies Frozen Pink Witches Brew Fruit and Veggie Bar	BBQ Pulled Pork Sub BBQ Baked Beans Creamy Coleslaw Banana Fruit and Veggie Bar	"54" Chicken Bowl Mashed Potatoes, Cheesy Corn Gravy & Biscuit Fresh Pears Fruit and Veggie Bar	Cheese Quesadilla Salsa & Sour Cream Crisp Maine Cucumbers Maine Apple

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 HUSC

"This institution is an equal opportunity provider."