

RSU 54 School Lunch Menu

September 24

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>
<p style="color: blue;">See our menu at www.msad54.org</p>		<p>28</p> <p>WG French Toast Sausage Links Cherry Tomatoes Creamy Applesauce Fruit and Veggie Bar</p>	<p>29</p> <p>Cheesy Bosco Sticks Dipping Sauce Carrots & Celery Sticks Apple Fruit and Veggie Bar</p>	<p>30</p> <p>Popcorn Chicken New England Baked Beans Pasta Salad w/ assorted veggies Watermelon Slices Fruit and Veggie Bar</p>
	<p>3</p> <p>Belgian Waffle Sticks Sausage Links Broccoli Blueberry Compote Fruit and Veggie Bar</p>	<p>4</p> <p>Beef & Cheese Nachos Seasoned Corn Black Beans, Salsa Diced Pears Fruit and Veggie Bar</p>	<p>5</p> <p>Nat'l Cheese Pizza Day Cheese Pizza Sweet Potato Crinkle Fries Green Beans Applesauce Fruit and Veggie Bar</p>	<p>6</p> <p>Turkey & Cheese on Flatbread Sun Chips Sweet Peas Strawberry Kiwi Slushie Fruit and Veggie Bar</p>
<p>9</p> <p>French Toast Dippers Yogurt Cup Diced Carrots Warm Cinnamon applesauce Fruit and Veggie Bar</p>	<p>10</p> <p>Ham Italians Cheetos Garden Salad w/ Spinach Crisp Apple Fruit and Veggie Bar</p>	<p>11</p> <p>Pulled Pork Sub Baked Beans Crisp Cabbage Slaw Diced Pears Fruit and Veggie Bar</p>	<p>12</p> <p>Crispy Chicken Nuggets Sweet Potato Fries Sweet Peas Pineapple Chunks Fruit and Veggie Bar</p>	<p>13</p> <p>Cheeseburger w/bun Lettuce & Tomatoes Roasted Green Beans Kiwi Fruit and Veggie Bar</p>
<p>16</p> <p>Breakfast Bagel Pizza Cucumbers Strawberry Cup Fruit and Veggie Bar</p>	<p>17</p> <p>Cheesy Meatball Sub Emoji Fries Diced Carrots Plum Fruit and Veggie Bar</p>	<p>18</p> <p>Early Release Crispy Chicken Filet w/bun Maine Grown Carrot Sticks Fresh Yellow Banana Fruit and Veggie Bar</p>	<p>19</p> <p>Pasta w/Meat or Marinara ~ sauce & Garlic Sticks Fresh Salad w/Chick Peas Applesauce Fruit and Veggie Bar</p>	<p>20</p> <p>Italian Pizza Crunchers w/ Dipping Sauce Steamed Corn Chilled Diced Pears Fruit and Veggie Bar</p>
<p>23</p> <p>Egg, Ham & Cheese Breakfast Sandwich Steamed Broccoli Bites Sweet Apple Slices Fruit and Veggie Bar</p>	<p>24</p> <p>Chicken Tenders Mac & Cheese Peas Fresh Maine Apple Fruit and Veggie Bar</p>	<p>25</p> <p>Beef & Cheese Burrito w/local lettuce & tomatoes Tangy Salsa w/ Black beans Mandarin Oranges Fruit and Veggie Bar</p>	<p>26</p> <p>Beef Frank w/WW Roll Crispy Potato Wedges New England Baked Beans Sweet Diced Peaches Fruit and Veggie Bar</p>	<p>27</p> <p>Nat'l Chocolate Milk Day Pepperoni Individual Pizzas Local Fresh Salad w/romaine Banana 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."