


RSU 54 Middle & High School Lunch Menu

September-20

~Featuring Produce from our Local Maine Farms~

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
See our menu at www.msad54.org Students that choose Fruit and Veggie plus Milk = Free Lunch	1 Cheesy Bosco Sticks Red Dipping Sauce Carrots & Broccoli Bites Raspberry Sherbert Tuna orTurkey & Cheese Sub Fresh Fruit	2 Cheesy Bosco Sticks Red Dipping Sauce Carrots & Broccoli Bites Raspberry Sherbert Tuna orTurkey & Cheese Sub Fresh Fruit	3 Chicken Filet w/WW Bun New England Baked Beans Sweet Corn Mixed Fruit - Pears Ham & Cheese or Pb&J Sand Fresh Fruit	4 <i>Breakfast for Lunch</i> Chicken Filet w/WW Bun New England Baked Beans Sweet Corn Mixed Fruit - Pears Ham & Cheese or Pb&J Sand Fresh Fruit
Labor Day 7 	8 <i>Totally Taco Day</i> Ground Beef & Cheese salsa & tortilla chips Mexicali Beans w/corn Diced Chilled Pears Tuna orTurkey & Cheese Sub Fresh Fruit	9 <i>Totally Taco Day</i> Ground Beef & Cheese salsa & tortilla chips Mexicali Beans w/corn Diced Chilled Pears Tuna orTurkey & Cheese Sub Fresh Fruit	10 Sausage Pancake on a Stick Broccoli Bites Creamy Applesauce Chilled Peaches Ham & Cheese or Pb&J Sand Fresh Fruit	11 Sausage Pancake on a Stick Broccoli Bites Creamy Applesauce Chilled Peaches Ham & Cheese or Pb&J Sand Fresh Fruit
14 Teacher's Workshop Day	15 Cheeseburger w/bun Lettuce & Tomatoes Baked beans Mandarine Oranges Tuna orTurkey & Cheese Sub Fresh Fruit	16 Cheeseburger w/bun Lettuce & Tomatoes Baked beans Mandarine Oranges Tuna orTurkey & Cheese Sub Fresh Fruit	17 <i>Pizza Day</i> Big Daddy Ham Pizza or Big Daddy Cheese Pizza Crisp Maine Cucumbers Watermelon Slices Ham & Cheese or Pb&J Sand Fresh Fruit	18 <i>Pizza Day</i> Big Daddy Ham Pizza or Big Daddy Cheese Pizza Crisp Maine Cucumbers Watermelon Slices Ham & Cheese or Pb&J Sand Fresh Fruit
21 Egg, Sausage & Cheese Breakfast Croissant Crisp Cucumbers Rounds Sweet Applesauce Cup Tuna orTurkey & Cheese Sub Fresh Fruit	22 Egg, Sausage & Cheese Breakfast Croissant Crisp Cucumbers Rounds Sweet Applesauce Cup Tuna orTurkey & Cheese Sub Fresh Fruit	23 Crispy Chicken Burger w/bun Maine Grown Carrot Sticks Fresh Yellow Banana Ham & Cheese or Pb&J Sand Fresh Fruit	24 Crispy Chicken Burger w/bun Maine Grown Carrot Sticks Fresh Yellow Banana Ham & Cheese or Pb&J Sand Fresh Fruit	25 <i>Pizza Day</i> School Made Cheesy Bread Sticks w/dipping sauce Steamed Carrot Bites Chilled Diced Pears Tuna orTurkey & Cheese Sub Fresh Fruit
28 Cheesy Beef Burrito w/local lettuce & tomatoes Tangy Tomato & Bean Salsa Chilled Diced Peaches Ham & Cheese or Pb&J Sand Fresh Fruit	29 Cheesy Beef Burrito w/local lettuce & tomatoes Tangy Tomato & Bean Salsa Chilled Diced Peaches Ham & Cheese or Pb&J Sand Fresh Fruit	30 <i>Breakfast for Lunch</i> Chicken Nuggets & Waffle Sticks GreenBeans Cool Mixed Fruit Tuna orTurkey & Cheese Sub Fresh Fruit	1 <i>Breakfast for Lunch</i> Chicken Nuggets & Waffle Sticks GreenBeans Cool Mixed Fruit Tuna orTurkey & Cheese Sub Fresh Fruit	2 <i>Pizza Day</i> Individual Pizzas Local Fresh Salad w/romaine Maine Grown Grape Tomatoes Pineapple Tidbits Ham & Cheese or Pb&J Sand Fresh Fruit

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."