

# RSU 54 School Lunch Menu

## September 23

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>See our menu at <a href="http://www.msad54.org">www.msad54.org</a></p>	<p><b>WELCOME BACK TO SCHOOL</b></p>	<p>30</p> <p>WG French Toast Sausage Links Cherry Tomatoes Creamy Applesauce Fruit and Veggie Bar</p>	<p>31</p> <p>Cheesy Bosco Sticks Dipping Sauce Carrots &amp; Celery Sticks Apple Fruit and Veggie Bar</p>	<p>1</p> <p>Popcorn Chicken New England Baked Beans Pasta Salad w/ assorted veggies Watermelon Slices Fruit and Veggie Bar</p>
<p><b>HAPPY LABOR DAY</b></p>	<p>5</p> <p>Fresh Baked Cinnamon Roll Blueberry Yogurt Parfait Veggie Sticks w/ dip Pineapple Tidbits Fruit and Veggie Bar</p>	<p>6</p> <p>Beef &amp; Cheese Nachos Seasoned Corn Black Beans, Salsa Strawberry Cup Fruit and Veggie Bar</p>	<p>7</p> <p>Turkey &amp; Cheese on Pretzel Bun Old Style Egg &amp; Potato Salad Sweet Peas Mixed Fruit - Pears Fruit and Veggie Bar</p>	<p>8</p> <p>Hamburg or Cheese Pizza Sweet Potato Crinkle Fries Steamed Broccoli Bites Creamy Applesauce Fruit and Veggie Bar</p>
<p>11</p> <p>French Toast Dippers Yogurt Cup Diced Carrots Warm Cinnamon applesauce Fruit and Veggie Bar</p>	<p>12</p> <p>Ham Italians Sweet Potato Fries Garden Salad w/ Spinach Crisp Apple Fruit and Veggie Bar</p>	<p>13</p> <p>Pork "Kid"wich BBQ Baked Beans Farmer's Crisp Cabbage Slaw Diced Pears Fruit and Veggie Bar</p>	<p>14</p> <p>Cheesy Meatball Sub Sun Chips Sweet Peas Pineapple Chunks Fruit and Veggie Bar</p>	<p>15</p> <p><b>Nat'l Cheeseburger Day</b> Cheeseburger w/bun Lettuce &amp; Tomatoes Roasted Green Beans Kiwi Fruit and Veggie Bar</p>
<p>18</p> <p>Egg, Ham &amp; Cheese Breakfast Sandwich Steamed Broccoli Bites Sweet Apple Slices Fruit and Veggie Bar</p>	<p>19</p> <p>Fish Sticks Emoji Fries Diced Carrots Crisp Maine Apple Fruit and Veggie Bar</p>	<p>20</p> <p><b>Early Release</b> Crispy Chicken Filet w/bun Maine Grown Carrot Sticks Fresh Yellow Banana Fruit and Veggie Bar</p>	<p>21</p> <p>Pasta w/Meat or Marinara ~ sauce &amp; Garlic Sticks Fresh Salad w/Chick Peas Strawberry Cup Fruit and Veggie Bar</p>	<p>22</p> <p>Italian Pizza Crunchers w/ Dipping Sauce Steamed Corn Chilled Diced Pears Fruit and Veggie Bar</p>
<p>25</p> <p>Belgian Waffle Sticks Sausage Links Broccoli Blueberry Compote Fruit and Veggie Bar</p>	<p>26</p> <p>Mini Corn Dog Mac &amp; Cheese Peas &amp; Carrots Fresh Maine Apple Fruit and Veggie Bar</p>	<p>27</p> <p><b>Nat'l Chocolate Milk Day</b> Beef &amp; Cheese Burrito w/local lettuce &amp; tomatoes Tangy Salsa w/ Black beans Chilled Diced Peaches Fruit and Veggie Bar</p>	<p>29</p> <p>Crispy Chicken Nuggets Mashed Potato w/ Biscuit Sweet Corn Cool Mixed Fruit Fruit and Veggie Bar</p>	<p>30</p> <p>Pepperoni Individual Pizzas Local Fresh Salad w/romaine Maine Grown Grape Tomatoes Chilled Mixed Fruit 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 HUSC

"The Maine Department Of Education and the USDA are equal opportunity providers and employers."