

RSU 54 School Lunch Menu

September 22

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>31</p> <p>WG French Toast Sticks Sausage Links Cherry Tomatoes Creamy Applesauce Fruit and Veggie Bar</p>	<p>1</p> <p>Cheesy Bosco Sticks Dipping Sauce Carrots & Celery Sticks Apple Fruit and Veggie Bar</p>	<p>2</p> <p>Popcorn Chicken New England Baked Beans Pasta Salad w/ assorted veggies Watermelon Slices Fruit and Veggie Bar</p>
	<p>6</p> <p>Fresh Baked Cinnamon Roll Yogurt Cup & Cheese Stick Broccoli Bites Creamy Applesauce Fruit and Veggie Bar</p>	<p>7</p> <p>Beef & Cheese Nachos Seasoned Corn Refried Beans, Salsa Italian Ice Cup Fruit and Veggie Bar</p>	<p>8</p> <p>Chicken Filet Sandwich Old Style Egg & Potato Salad Roasted Carrots Mixed Fruit - Pears Fruit and Veggie Bar</p>	<p>9</p> <p>Hamburg or Cheese Pizza Sweet Potato Crinkle Fries Greek Cucumber & Tomato Salad Pineapple Tidbits Fruit and Veggie Bar</p>
<p>12</p> <p>French Toast Dippers Yogurt Cup Steamed Broccoli Bites Applesauce Fruit and Veggie Bar</p>	<p>13</p> <p>Turkey or Tuna Italians Sweet Potato Tots Garden Salad w/ Spinach Crisp Apple Fruit and Veggie Bar</p>	<p>14</p> <p>BBQ Pork "Kid"wich Roasted Corn Farmer's Crisp Cabbage Slaw Orange Smiles Fruit and Veggie Bar</p>	<p>15</p> <p>Nat'l Cheeseburger Day Cheeseburger w/bun Lettuce & Tomatoes Roasted Green Beans Crisp Apple Fruit and Veggie Bar</p>	<p>16</p> <p>100% Beef Frank w/WW Roll Crispy Potato Wedges New England Baked Beans Sweet Diced Peaches Fruit and Veggie Bar</p>
<p>19</p> <p>Egg, Sausage & Cheese Breakfast Burrito w/ Salsa Mexican Rice Sweet Applesauce Slices Fruit and Veggie Bar</p>	<p>20</p> <p>Nat'l Pepperoni Pizza Day Pepperoni Individual Pizzas Local Fresh Salad w/romaine Maine Grown Grape Tomatoes Chilled Mixed Fruit Fruit and Veggie Bar</p>	<p>21</p> <p>Early Release Crispy Chicken Filet w/bun Maine Grown Carrot Sticks Fresh Yellow Banana Fruit and Veggie Bar</p>	<p>22</p> <p>Pasta w/Meat or Marinara ~ sauce & Garlic Sticks Fresh Salad w/Romaine Pineapple Chunks Fruit and Veggie Bar</p>	<p>23</p> <p>Italian Pizza Crunchers w/ Dipping Sauce Steamed Corn Chilled Diced Pears Fruit and Veggie Bar</p>
<p>26</p> <p>Belgian Waffle Sticks Sausage Links Broccoli Warm Cinnamon applesauce Fruit and Veggie Bar</p>	<p>27</p> <p>Nat'l Chocolate Milk Day Mini Corn Dog w/ cheese sauce Emoji Fries Peas & Carrots Fresh Maine Apple Fruit and Veggie Bar</p>	<p>28</p> <p>Beef & Cheese Burrito w/local lettuce & tomatoes Tangy Salsa w/ Black beans Chilled Diced Peaches Fruit and Veggie Bar</p>	<p>29</p> <p>Cheesy Meatball Sub Sun Chips Green Peas Italian Ice Cup Fruit and Veggie Bar</p>	<p>30</p> <p>Crispy Chicken Nuggets Mashed Potato w/ Biscuit Sweet Corn Cool 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 HUSSC

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