

# RSU 54 School Lunch Menu

## September-18

~Featuring Produce from our Local Maine Farms~

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><i>*See our menu's online at <a href="http://www.msad54.org">www.msad54.org</a></i></p> <p><i>* Join us for lunch - students eat free!</i></p> <p><i>*Students who choose fruit and veggie plus a milk = FREE LUNCH</i></p>				
<p><small>*WW = Whole Wheat, WG = Whole Grain in accordance with the 2010 HFHKA</small></p>				
<p><b>Labor Day</b>      <b>3</b></p> 	<p><b>4</b></p> <p>Old Tyme Cheeseburger w/bun New England Baked Beans Steamed Broccoli Bites Diced Chilled Pears <b>Fruit and Veggie Bar</b></p>	<p><b>5</b></p> <p>Wacky Wednesday Waffles Warm Cubed Ham Whole Hash Brown Rounds Winter Red Strawberries <b>Fruit and Veggie Bar</b></p>	<p><b>6</b></p> <p>Corn Dog Bites Oven Baked Fries Crunchy Carrots or Celery Baked Apple Crisp <b>Fruit and Veggie Bar</b></p>	<p><b>7</b></p> <p>Macaroni &amp; Cheese Boats or Strawberry Uncrustable Maine Cucumbers Rounds Fresh Red Maine Apples <b>Fruit and Veggie Bar</b></p>
<p><b>Breakfast for Lunch</b>      <b>10</b></p> <p>WG Waffles Yogurt Cup or Cheese Stick Local Snap Beans Creamy Applesauce <b>Fruit and Veggie Bar</b></p>	<p><b>Totally Taco Day</b>      <b>11</b></p> <p>Ground Beef Nachos salsa &amp; cheese Mexicali Beans &amp; Rice Fresh Kiwi <b>Fruit and Veggie Bar</b></p>	<p><b>12</b></p> <p>Big Daddy Ham Pizza or Big Daddy Cheese Pizza Crisp Maine Cucumbers Watermelon Slices <b>Fruit and Veggie Bar</b></p>	<p><b>13</b></p> <p>Pasta w/meat or marinara ~ sauce &amp; WW garlic sticks Fresh Salad w/romaine Icy Cold Peaches <b>Fruit and Veggie Bar</b></p>	<p><b>14</b></p> <p>Chicken Filet w/WW Bun Sweet Potato Fries Broccoli Trees Diced Chilled Pears <b>Fruit and Veggie Bar</b></p>
<p><b>17</b></p> <p>Grilled Teriyaki Chicken &amp; Rice or Strawberry Uncrustable Sweet Corn Niblets Mixed Fruit w/grapes <b>Fruit and Veggie Bar</b></p>	<p><b>18</b></p> <p>Cheesy Chicken Quesadilla or Yogurt, Cheese Stick &amp; Grain Fresh Salad w/romaine Chilled Peaches <b>Fruit and Veggie Bar</b></p>	<p><b>Early Release</b>      <b>19</b></p> <p>Crispy Chicken Burger w/bun Maine Grown Carrot Sticks Sweet Sun Dried Craisins™ <b>Fruit and Veggie Bar</b></p>	<p><b>Breakfast for Lunch</b>      <b>20</b></p> <p>Ham, Egg &amp; Cheese Omelet WG Buttery Croissant Crisp Cucumbers Rounds Red Raspberry Sherbert <b>Fruit and Veggie Bar</b></p>	<p><b>21</b></p> <p>Pigs In a Blanket New England Baked Beans Steamed Carrot Bites Chilled Diced Pears <b>Fruit and Veggie Bar</b></p>
<p><b>24</b></p> <p>Cheesy Walking Tacos w/local lettuce &amp; tomatoes Tangy Tomato &amp; Bean Salsa Chilled Diced Peaches <b>Fruit and Veggie Bar</b></p>	<p><b>25</b></p> <p>Chicken Parmesan Sandwich Baked Potato Emoticons Maine Sweet Corn Fresh Local Maine Apples <b>Fruit and Veggie Bar</b></p>	<p><b>Breakfast for Lunch</b>      <b>26</b></p> <p>Chicken Nuggets &amp; Waffles or Yogurt, Cheese Stick &amp; Grain Local Grown Cucumber Sticks Cool Mixed Fruit <b>Fruit and Veggie Bar</b></p>	<p><b>27</b></p> <p>BBQ Pork "Kid"wich Maine Roasted Potatoes Farmer's Crisp Cabbage Slaw Baked Cinnamon Apple Slices <b>Fruit and Veggie Bar</b></p>	<p><b>28</b></p> <p>Cheesy Individual Pizzas Local Fresh Salad w/romaine Maine Grown Grape Tomatoes Chilled Pears <b>Fruit and Veggie Bar</b></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."