

RSU 54 School Lunch Menu

October 2024



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



Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
French Bread Pizza WG Pancakes and Syrup Yogurt Cup or Cheese Stick Crispy Hashbrown Pineapple Bites Fruit and Veggie Bar	Beef & Cheese Sub Italian Grilled Cheese Tasty Tomato Soup Roasted Chick Peas Apple Slices with Cinnamon Fruit and Veggie Bar	Quesadilla Chicken Burrito Bowl Whole Grain Rice Black Beans, Lettuce & Tomatoes Diced Peaches Fruit and Veggie Bar	Pizza Crunchers Chicken & Cheese Sub Baked Chips Romaine Garden Salad Juicy Ripe Pears Fruit and Veggie Bar	World Smile Day Bagel Pizzas Emoji Fries Crisp Maine Cucumbers Orange Smiles Fruit and Veggie Bar
French Bread Pizza Tater Tot Egg & Cheese Bake Sausage Links Toasted Bagel Blueberry Sauce Compote Fruit and Veggie Bar	Mozzarella Sticks BBQ Chicken Wrap Coleslaw Crisp Maine Cucumbers Watermelon Fruit and Veggie Bar	French Bread Pizza Pasta w/Red Sauce Dinner Roll Romaine Salad w/Edamame Diced Pears Fruit and Veggie Bar	Empanada Ham & Cheese Hoagie Roasted Potato Wedges Broccoli Salad Hot Apple Crisp Fruit and Veggie Bar	Good Crust Pizza Good Crust Pizza Cheese or Beef Carrot & Celery Sticks w/dip Crunchy Crisp Apples Fruit and Veggie Bar
NO SCHOOL Indigenous People Day	National Pizza Cheeseburger w/bun Lettuce & Tomatoes Garlic Green Beans Crisp Apple Fruit and Veggie Bar	School Spicy Chicken Sandwich Chicken & Gravy Mashed Potato Steamed Peas Strawberry Cup Fruit and Veggie Bar	Lunch Pancake on a Stick Alfredo Chicken Pasta Garlic Bread Stick Steamed Broccoli Banana Fruit and Veggie Bar	Week Quesadilla Beef Fajita w/ peppers & onions Cilantro Lime Rice Kiwi Fruit and Veggie Bar
French Bread Pizza Breakfast Sandwich Ham, Egg & Cheese Warm Seasoned Black Beans Applesauce Cup Fruit and Veggie Bar	Buffalo Chicken Pizza Shepard's Pie Mashed Potato, Sweet Corn Dinner Roll Fresh Pears Fruit and Veggie Bar	EARLY RELEASE Chicken Fillet w/WW Bun Carrot Sticks Fresh Maine Apples Fruit and Veggie Bar	Quesadilla White Chicken Chili Corn Chips Steamed Corn Diced Pears Fruit and Veggie Bar	National Breadstick Day Good Crust Breadsticks w/ Maine Marinara sauce Spinach Tomato Salad Mandarin Oranges Fruit and Veggie Bar
Personal Pan Pizza Waffle Sticks Potato Sausage Hash Steamy Broccoli Maine Blueberries Fruit and Veggie Bar	Pizza "54" Chicken Bowl Mashed Potatoes, Cheesy Corn Gravy & Biscuit Apple Slices with Cinnamon Fruit and Veggie Bar	Pizza Crunchers Pulled Pork Sub Baked Beans Cross Trax Fries Banana Fruit and Veggie Bar	HALLOWEEN Chicken Fillet Sandwich Mummy Pizza (French Bread) Candy Corn Veggies Mini Jack a Lanterns (clementine) Fruit and Veggie Bar	Chicken Nachos Beef & Cheese Quesadilla Salsa & Sour Cream Corn Black Bean Salad Maine Apple Fruit and Veggie Bar

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

"This institution is an equal opportunity provider."