

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
WG Pancakes and Syrup Yogurt Cup or Cheese Stick Crispy Hashbrown Pineapple Bites Fruit and Veggie Bar	Italian Grilled Cheese Tasty Tomato Soup Roasted Chick Peas Apple Slices with Cinnamon Fruit and Veggie Bar	Chicken Taco Bowl Whole Grain Rice Black Beans, Lettuce & Tomatoes Diced Peaches Fruit and Veggie Bar	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
Tater Tot Egg & Cheese Bake Sausage Links Toasted Bagel Blueberry Sauce Compote Fruit and Veggie Bar	BBQ Chicken Wrap Coleslaw Crisp Maine Cucumbers Watermelon Fruit and Veggie Bar	Pasta w/Red Sauce Dinner Roll Romaine Salad w/Edamame Diced Pears Fruit and Veggie Bar	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 Cheeseburger w/bun Lettuce & Tomatoes Garlic Green Beans Crisp Apple Fruit and Veggie Bar	School Chicken Chili Corn Chips Steamed Corn Diced Pears Fruit and Veggie Bar	Lunch Alfredo Chicken Pasta Garlic Bread Stick Steamed Broccoli Banana Fruit and Veggie Bar	Week Beef Burrito w/ peppers & onions Mexican Rice w/ Black Beans Kiwi Fruit and Veggie Bar
Breakfast Sandwich Ham, Egg & Cheese Warm Seasoned Black Beans Applesauce Cup Fruit and Veggie Bar	Shepard's Pie Mashed Potato, Sweet Corn Dinner Roll Fresh Pears Fruit and Veggie Bar	EARLY RELEASE Chicken Filet w/WW Bun Carrot Sticks Fresh Maine Apples Fruit and Veggie Bar	Chicken & Gravy Mashed Potato Steamed Peas Strawberry Cup Fruit and Veggie Bar	National Breadstick Day Good Crust Breadsticks w/ Maine Marinara sauce Spinach Tomato Salad Mandarin Oranges Fruit and Veggie Bar
Waffle Sticks Potato Sausage Hash Steamy Broccoli Maine Blueberries Fruit and Veggie Bar	"54" Chicken Bowl Mashed Potatoes, Cheesy Corn Gravy & Biscuit Apple Slices with Cinnamon Fruit and Veggie Bar	Pulled Pork Sub Baked Beans Cross Trax Fries Banana Fruit and Veggie Bar	<div style="text-align: center; font-size: 2em; font-weight: bold; color: orange;">HALLOWEEN</div> Mummy Pizza (French Bread) Candy Corn Veggies Mini Jack a Lanterns (clementine) Fruit and Veggie Bar	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."