





EHS OCTOBER 2021

Please Note – All meals include milk and dessert

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Chicken Nuggets Buttery Mashed Potato Steamed Fresh Carrots Warm Yeast Roll Apple Sauce Cups</p>	 <p>5 Creamy Mac and Cheese Blazing Broccoli Yummy Yeast Roll Prickly pears</p>	 <p>6 MAINE DAY Cheese Steak Sub w/ onion and green peppers Fresh steamed Broccoli Fox Chips Shane's of Maine Ice Cream Sandwich Fresh Crisp Apple</p>	 <p>7 Big Daddy Pizza buffalo Chicken, Bacon, Sausage, Pepperoni, Cheese, Veggie Orange</p>	<p>1 Big Daddy Pizza buffalo Chicken, Bacon, Sausage, Pepperoni, Cheese, Veggie Orange</p>
<p>DAY OFF HOLIDAY</p>	<p>12. Sweet and Sour Meatballs Freaky Fried Rice Oriental Veggies Rocking Egg Roll Wonderful Watermelon</p>	<p>13 BBQ Pulled Pork sandwich Crazy Carrots Sweet fresh pineapple Fun chips</p>	<p>14. Intense Italian Dunkers w/ meat or marinara sauce Generous Green Beans Plump Juicy Grapes</p>	<p>15. Big Daddy Pizza buffalo Chicken, Bacon, Sausage, Pepperoni, Cheese, Veggie Orange</p>
<p>18. Chicken and Gravy Buttery Mashed Potatoes Steamed Baby Carrots Classic Yeast Roll Crisp Fresh Apple</p>	<p>19. Spaghetti w/ meat or marinara sauce Pleasing Peas Garlicky Bread Sticky Wonderful Watermelon</p>	<p>20. BBQ Rib Golden sweet corn Fun Chips Sweet Fresh Pineapple</p>	<p>21. Teriyaki Chicken Freaky Fried Rice Rockin Egg Roll Oriental Vegetables Plump Juicy Grapes</p>	<p>22. Big Daddy Pizza buffalo Chicken, Bacon, Sausage, Pepperoni, Cheese, Veggie Orange</p>
<p>25 6" Meatball Sub Astounding Asparagus Crisp Fresh Apple</p>	<p>26 Spicy Sausage and Chicken Jambhalaya Crazy Corn Corny Corn Bread Wacky Watermelon</p>	<p>27. Spicy Chicken Fajitas Onion and Green peppers Cackling Corn Sweet Fresh Pineapple</p>	<p>28 Pork Roast Buttery Mashed Potatoes Brussels sprouts Classic Yeast Roll Plump Juicy Grapes</p>	<p>29 Big Daddy Pizza buffalo Chicken, Bacon, Sausage, Pepperoni, Cheese, Veggie Orange</p>

Start of a long weekend

OTHER HOT LUNCH CHOICES MAY INCLUDE PIZZA, ITALIAN SANDWICH, PB&J, BBQ RIB, CHEESEBURGER, STEAK AND CHEESE OR CHICKEN BURGER, DELI TURKEY, CHICKEN SALAD, BOSSCO STICKS. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

THE MAINE DEPARTMENT OF EDUCATION AND THE USDA ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS