



SEPTEMBER 2019



Mon	Tue	Wed	Thu	Fri
Low Fat White, Skim White Milk & Skim Chocolate Milk are offered everyday.				
French Toast Sticks Bagels Cereal	Breakfast Pizza Bagels Cereal	Pancake/Waffles Bagels Cereal	Blueberry Muffins Bagels Cereal	Breakfast Sandwich Bagels Cereal
26	27	28	29	30
Teachers Workshop	Teachers Workshop	English Muffin Pizza OR Cheeseburger on a roll OR Turkey & Cheese Sandwich	Popcorn Chicken OR BLTC Wrap OR Tuna Sandwich	Whole Wheat Pizza OR Raised Edge Pizza OR Ham & Cheese Sandwich
2	3	4	5	6
HOLIDAY SUNBUTTER & JELLY AVAILABLE DAILY	KFC Bowl w/wheat roll OR BBQ Rib-E-Q on a roll OR Egg Salad Sandwich	Macaroni & Cheese w/wheat roll OR Chicken Caesar Wrap OR Ham & Cheese Sandwich	Hard Tacos w/Spanish rice OR Baked Potato w/Broccoli & Cheese OR Chicken Salad Sandwich	Whole Wheat Pizza OR Raised Edge Pizza OR Turkey & Cheese Sandwich
9	10	11	12	13
Toasted Cheese w/tomato soup OR Meatball Sub OR Tuna Sandwich	Sloppy Jeff's on a bun OR Pizza Wrap OR Turkey & Cheese Sandwich	Spaghetti w/ meat or plain sauce w/wheat roll OR Teriyaki Chicken on a roll OR Ham Salad Sandwich	BRUNCH Pancakes w/strawberries or blueberries OR Chicken Parmesan on a roll OR Ham & Cheese Sandwich	HALF DAY Whole Wheat Pizza OR Raised Edge Pizza OR Tuna Sandwich
16	17	18	19	20
Cheesy Bread w/marinara sauce OR Chili w/cornbread OR Ham & Cheese Sandwich	Teriyaki Chicken Stir Fry OR Cheese Lasagna w/wheat roll OR Tuna Sandwich	Chop Suey w/wheat roll OR Chicken Caesar Wrap OR Turkey & Cheese Sandwich	Shepherd's Pie w/wheat roll OR Chicken Burrito OR Egg Salad Sandwich	Whole Wheat Pizza OR Raised Edge Pizza OR Veggie Wrap
23	24	25	26	27
Oven Baked Breaded Fish Sticks OR Chicken Pot Pie OR Egg Salad Sandwich	Cheeseburger on a roll OR Pesto Flatbread OR Ham & Cheese Sandwich	Bowtie Pasta w/meat or plain sauce w/wheat roll OR BBQ Chicken Wrap OR Tuna Sandwich	Cheese Quesadilla OR Hot Dog in a bun OR Turkey & Cheese Sandwich	Whole Wheat Pizza OR Raised Edge Pizza OR Chicken Salad Sandwich

The Maine Human Rights Act prohibits discrimination because of race, color, sex, sexual orientation, age, physical or mental disability, genetic information, religion ancestry or national origin.