



NOVEMBER 2019

RSU 57 Middle & High School

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

Middle & High School Lunch Prices

\$3.00 Paid Students
\$0 Reduced Students
\$0 Free Students
\$5.00 Adults

Monday

Tuesday

Wednesday

Thursday

Friday



Brunch for Lunch

French Toast Sticks w/Sausage

Seasoned Homefries
Oven Baked Beans
Chilled Orange Juice

Ketchup, Syrup, Cold Milk Choice

Alternate Choice this Week:

Grilled Cheese & Cheese Stick

Spicy Chicken Patty On a Whole Grain Roll

Steamed Diced Carrots
Maine Broccoli w/Ranch
Crisp Local Apple
Mayo, Blue Cheese Dressing
Cold Milk Choice

Early Release Day NEW!!

Breakfast Tornadoes
Assorted Yogurt Cups
Sweet Potato Fries
Fruit & Veggie Juices
Cinnamon Applesauce
Ketchup, Cold Milk Choice

NEW!!
Mini Burrito Bowl
Mexican Seasoned Chicken w/Rice
Lettuce, Tomato, Onion, Olives, Black
Beans, Salsa & Sour Cream
Chilled Pineapple Tidbits
Lite Dressings
Cold Milk Choice

Fresh Made Pizza Choice (Cheese or Ham & Bacon)

Crisp Salad w/Tomatoes
Fresh Cucumber Slices
Chilled Juice Choice
Lite Dressings
Cold Milk Choice

No School



Alternate Choice this Week: Turkey & Cheese Sandwich

Crispy Chicken Tenders Warm Cinnamon Roll

Oven Baked BBQ Beans
Cinnamon Butternut Squash
Warm Cinnamon Apple Slices
Ketchup, BBQ Sauce
Cold Milk Choice

**Crispy Mozzarella Sticks
w/Dipping Sauce**
Warm Mini Cornbread
Seasoned Curly Fries
Oven Roasted Green Beans
Chilled Juice Choice Ketchup
Cold Milk Choice

**Hot Meatball Sub
Topped w/Shredded Cheese**
Crisp Salad w/Tomatoes
Fresh Cucumber Slices
Chilled Diced Pears
Lite Dressings
Cold Milk Choice

**Chicken Stew served
In a Whole Grain Bread Bowl**
Garden Spinach Salad
Mixed Medley Tomatoes
Assorted Pepper Strips
Fresh Grapes, Lite Dressings
Cold Milk Choice

Chicken & Rice Bowl Teriyaki Chicken & Brown Rice

Steamed Broccoli Florets
Crisp Carrots w/Ranch
Chilled Pineapple Tidbits
Cold Milk Choice

Alternate Choice this Week: Ham & Cheese Sandwich

**Shaved Turkey & Cheese
On a Whole Grain Sub Roll**
Lettuce, Spinach, Tomatoes
Pickles, Peppers, Onions
Fresh Watermelon Wedge
Mayo, Mustard, Lite Dressings
Cold Milk Choice

**Fresh Made Chili
w/Chips & Cheese**
Hot Vegetarian Beans
Crisp Salad w/Tomatoes
Chilled Juice Choice
Whole Wheat Sugar Cookie
Lite Dressings, Salsa
Cold Milk Choice

**Roasted Turkey & Gravy
w/Whole Grain Stuffing**
Mashed Potatoes & Gravy
Steamed Diced Carrots
Applesauce, Cranberry Sauce
Pumpkin Chocolate Chip Cookie
Cold Milk Choice

**Fish Fillet Sandwich
w/Cheese**
Steamed Sweet Corn
Crispy Cole Slaw
Fresh Orange Wedges
Ketchup, Tartar Sauce
Cold Milk Choice

BBQ Pulled Pork Sandwich

Seasoned Potato Wedges
Oven Roasted Brussel Sprouts
Chilled Juice Choice
Ketchup, BBQ Sauce
Cold Milk Choice

Alternate Choice this Week:

Cheesy Pizza Bites w/Dipping Sauce

Personal Pan Pizza (Cheese or Pepperoni)

Assorted Veggies
Assorted Fruit Choices
Cold Milk Choice

No School



No School

Breakfast & Lunch Menus are subject to change without notice.
Daily Milk Choices-Low-fat White, Fat Free White, Fat Free Chocolate or Strawberry
Fresh Fruit Choices Available Daily
Alternate Entrée Choices Available Daily



Maine Brassicas (Broccoli)

This institution is an equal opportunity provider.