






EHS

Please Note – All meals include milk and salad bar

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Chicken and Gravy Creamy mashed potato Steamed baby carrots Hot from the oven roll Applesauce cup	4 BBQ pulled pork sandwich Asparagus Potato chips Sweet pineapple	5 Italian Dunkers w/ meat or marinara sauce Fresh steamed green beans Plump Grapes	6 Pizza, Cheese, Pepperoni, BBQ Chicken, Bacon and Veggie Juicy Oranges
9 Sweet and Sour Meatballs on Rice Broccoli Crisp Fresh Apples	10 Meatloaf Mashed Potatoes Steamed Baby Carrots Hot yeast roll Pear cup	11 Popcorn chicken bowl Corn Muffin Sweet Pineapple	12 Chicken fajita's Onion and green peppers Strawberry cup	13 Pizza, Cheese, Pepperoni, BBQ Chicken, Bacon and Veggie Juicy Oranges
	17 Spaghetti w/ meat or marinara sauce Steamed Peas Garlic roll Peach cup	18 Homemade Chili Corn muffin Cheese Sour cream Sweet pineapple	19 Grilled Cheese Chicken noodle soup Tomato Soup Plump Grapes	20 Pizza, Cheese, Pepperoni, BBQ Chicken, Bacon and Veggie Juicy Oranges
23 Hamburger w/cheese Seasoned Roasted Potatoes Groovy Green Beans Applesauce Cup	24 Oven Baked Chicken Roasted seasoned potatoes Steamed baby carrots Biscuit Pears	25 Mac and cheese w/ buffalo chicken Steamed fresh broccoli Hot from the oven roll Sweet Pineapple	26 Walking Taco Mexicalli corn Salsa Sour cream Strawberry cup	27 Pizza, Cheese, Pepperoni, BBQ Chicken, Bacon and Veggie Juicy Oranges
30 Chicken Burger Roasted Red Potatoes Steamed Carrots Fresh Crisp Apples	31 Momma Mia Meatball Sub Pleasing Peas Peaches			

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 & THE USDA ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS