



OCTOBER 2019

Mt Ararat Middle School

Lunch Price \$2.90

Main Item \$2.50

Milk outside the meal \$.50

Menu subject to change without warning

This Institution is an Equal Opportunity Employer

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Patty Sandwich
Pasta w/Red Sauce
Chili Dog Soup w/Cinnamon Bun
Cauliflower
Fresh Fruit & Salad Bar

2
Tony's Pizza
Baked Potato w/Fixings
Veggie & Dip Cups
Fresh Fruit & Salad Bar

3
American Chop Suey
Fish N Chips
Quiche
Crunchy Broccoli Salad
Fresh Fruit & Salad Bar

4
Chicken Nuggets
Meatball Subs
Shrimp Chowder
Steamed Spinach
Fresh Fruit & Salad Bar

7
Meatless Monday
Bosco Sticks with dipping Sauce
Macaroni & Cheese
Garlic Green Beans
Fresh Fruit & Salad Bar

8
Pizza Crunchers
Tater Tot Breakfast Bowl
Impossible Veggie Pie
Roasted Asparagus
Fresh Fruit & Salad Bar

9
Pazzo Bread with Dipping Sauce
BBQ Pulled Pork Sandwich
Apple & Walnut Waldorf Salad
Fresh Fruit & Salad Bar

10
Popcorn Chicken
Linda's Choice
Steamed Corn
Fresh Fruit & Salad Bar

11
Professional Development Day

No School

14
Columbus Day

No School

15
"Island Breeze" Chicken Rice Bowl
Teri Bites
Rib B Que Sandwich
Fresh Fruit Salsa w/Cinnamon Sugar
Chips
Fresh Fruit & Salad Bar

16
"Pitch Perfect" Pizza
Pizza Burgers
"Poppin" Popcorn
Fresh Fruit & Salad Bar

17
"Motown" Mozzarella Sticks
Sloppy Joe
Vegetable soup w/Biscuit
Buffalo Cauliflower
Fresh Fruit & Salad Bar

18
"Country" Chicken & Waffles
Salisbury Steak & Potato
Cheese Ravioli
Baked Apples
Fresh Fruit & Salad Bar

21
Chicken or Cheese Quesadilla
Baked Ziti w/Meatballs
Garlic Breadstick
Peas & Carrots
Fresh Fruit & Salad Bar

22
Taco Tuesday
Chicken Nachos with White Queso
Beef Burrito
Taco Soup w/Corn Muffin
Spanish Rice
Fresh Fruit & Salad Bar

23
Home Made Calzone
Teriyaki Chicken Sandwich
BLT Pasta Salad
Fresh Fruit & Salad Bar

24
Mini Corn Dogs
Steak Subs
Baked Chicken w/Rice Pilaf
Steamed Corn
Fresh Fruit & Salad Bar

25
Spicy Chicken Patty
Cinnamon French Toast & Bacon
Hot Ham & Cheese Sandwich
Cinnamon Roasted Squash
Fresh Fruit & Salad Bar

28
Eagle Sampler
Cheese Sticks, Corn Dog, Pretzel
Bites
Orange Chicken Over Rice
Turkey BLT on Pretzel Bun
Steamed Broccoli
Fresh Fruit & Salad Bar

29
Burger Bar
Hamburger, Turkey Burger & Veggie
Lettuce, Tomato, Cheese & Pickles
Tomato Soup w Grilled Cheese
Smiley French Fries
Fresh Fruit & Salad Bar

30
French Bread Pizza
Buffalo Chicken Dip w/Tortillas
Sunbutter & Celery Cups
Fresh Fruit & Salad Bar

31
Halloween Menu

Mummy Dogs
Chicken Parm over Pasta
Scalloped potato & Ham
Pumpkin Bars
Fresh Fruit & Salad Bar

October is Maine Apple Month. We serve apples from Willow Pond Farms every day
School Lunch Week is October 14-18, Look for special menu items during this week.
The theme is "What's on your playlist"

