



OCTOBER 2019

MSAD 75 Elementary Schools

Lunch Price \$2.90
Milk outside the Meal \$.50
Menu subject to change without notice

This Institution is an Equal Opportunity Employer

Monday

Tuesday

Wednesday

Thursday

Friday

1

Cheese OR Chicken Quesadilla
Salsa & Sour Cream
Cowboy Corn Salad
Fresh Fruit & Salad Bar

2

Hot Dogs
Vegetarian Baked Beans
Creamy Cole Slaw
WG Roll & Butter
Fresh Fruit & Salad Bar

3

Spaghetti w/
Meat Sauce OR Alfredo Sauce
Garlic Bread
Broccoli Cauliflower Blend
Fresh Fruit & Salad Bar

4

Assorted Pizza Rounds
Sliced Apples
Roasted Brussel Sprouts
Fresh Fruit & Salad Bar

7

Spinach & Tomato Grilled Cheese
OR
Grilled Cheese
Sweet Potato Tots
Fresh Fruit & Salad Bar

8

Taco Soup
WG Tortilla Chips
OR
Turkey Sandwich
Blueberry Crisp
Fresh Fruit & Salad Bar

9

Macaroni & Cheese
OR
Hot Ham & Cheese Croissant
Roasted Broccoli Florets
Fresh Fruit & Salad Bar

10

Assorted Big Daddy's Pizza
Veggie, Cheese, Meat
Fun Chips
Frozen Fruit Pops
Fresh Fruit & Salad Bar

11

Professional Development Day

No School

14

Columbus Day

No School

15

Nachos with Cheese & Diced Chicken
Salsa & Sour Cream
OR
Turkey & Cheese Sandwich
Refried Beans
Fresh Fruit & Salad Bar

16

Italian Sampler
Ricotta stuffed shells, meatballs, Bosco
Stick with Sauce
Steamed peas
Fresh Fruit & Salad Bar

17

Meatloaf
OR
Tuna Salad Sandwich
Mashed Potato
Butternut Squash
Green Beans
Fresh Fruit & Salad Bar

18

Pizza Munchable
Flatbread, sauce, cheese, peperoni
Carrot Slaw
Snickerdoodle Hummus
Fresh Fruit & Salad Bar

21

Sweet BBQ Chicken Drumsticks
OR
Egg Salad on a Croissant
Potato Salad
Corn On the Cob
Fresh Fruit & Salad Bar

22

Taco Tuesday!
Beef or Bean Soft Tacos
Shredded Lettuce, Tomato
Cheese, Olives
Salsa & Sour Cream
Applesauce Cups
Fresh Fruit & Salad Bar

23

Shepherd's Pie
OR
Hot Ham & Cheese Sandwich
Broccoli
Fresh Fruit & Salad Bar

24

Beef Stew
OR
Turkey Sandwich
WG Roll
Peas & Carrots
Fresh Fruit & Salad Bar

25

Cheesy Pazzo Bread
Dipping Sauce
Carrots & Hummus
Yellow Cake for October Birthdays
Fresh Fruit & Salad Bar

28

2 Bean Chili
OR
Chicken Salad on a Sub Roll
Cornbread
Fresh Fruit & Salad Bar

29

Layered Taco Cup
WG Tortilla Chips
OR
Tuna Salad Sandwich
Fresh Salsa
Fruit & Salad bar

30

Cinnamon French Toast Sticks
Sausage
Warm Spiced Apples
Fresh Fruit & Salad Bar

31

Halloween
Toxic Waste Mac & Cheese
Mummy Dogs(pigs in a blanket)
Spider Eggs (grapes)
Fresh Fruit & Salad Bar

Reminder that the 30 Day carry over period for the Free Meal Benefit expires October 16th. Forms can be filled out throughout the entire year, if there is a change in Family Status, please fill out a form. Any questions regarding the Food Service Program can be directed to Katy DiCara, dicarak@link75.org or 207-729-9961 x 238.

Happy Fall!



PAY FOR MEALS ONLINE
MySchoolBucks.com