

SEPTEMBER 2022

A walk through our fruit and Veggie Bar is included with lunch gives our students one or more alternate vegetable and fruit option
 You may apply for free and reduced meals at anytime through the school year
 Restrictions may be put on students account at any time by calling 483-2251 Ext 147 or email Adonovan@sau15.net
 Menu Subject to change at any time without notice due to product shortages due to food chain supply issues

Student Lunch \$3.00
 Reduced Lunch \$.40

Monday

Tuesday

Wednesday

Thursday

Friday



5
 No School

6
Taco Tuesday
 Turkey Tacos (Crispy Shell)
 Lettuce, Tomato, Salsa and Cheese
 Black Bean Salad
 Fresh Apple
 Choice of Milk

7
 Meatball Sub
 With or Without Cheese or
 Roasted Zucchini
 Mixed Fruit Cup
 Choice of Milk

8
 Gill's Cheese or Pepperoni
 Pizza
 Caesar Salad
 Fresh Strawberries
 Choice of Milk

9
 Hamburger, Cheeseburger or Veggie
 Burger on Roll
 Or
 Sun butter and Jelly Sandwich
 Or
 Bagel Munchable Meal
 Oven Baked Fries
 Fresh Apple
 Choice of Milk

12
Breakfast for Lunch
 French toast Sticks
 Lite Sausage Links
 Hash brown or Baked Beans
 Fresh Sliced Oranges
 Choice of Milk

13
 Homemade
 BBQ Chicken and Cheese Flatbread
 Mandarin Orange Romaine Salad
 Applesauce Cup
 Choice of Milk

14
 Mozzarella Sticks
 W/ Marinara
 Roasted Summer Squash
 Chocolate Chip Cookie
 Fresh Cantaloupe
 Choice of Milk

15
 Gill's Cheese Pizza
 Side Garden Salad
 Fresh Banana
 Choice of Milk

16
 Hot Dog on Roll
 Tator Tots
 Roasted Carrots
 Fresh Pineapple
 Choice of Milk

19
Breakfast for Lunch
 Pancakes
 Hard Boiled Egg/Cheese Stick
 Seasoned Homefries
 Fruit Cup
 Choice of Milk

20
Taco Tuesday
 Soft Chicken Tacos
 Lettuce, Tomato, Salsa, Cheese
 Corn
 Rice
 Fresh Apple
 Choice of Milk

21
 Pasta with Meat Sauce
 Cheesy Garlic Bread
 Green Beans
 Peach Cup
 Choice of Milk

22
 Gill's Cheese or Veggie Pizza
 Side Caesar Salad
 Fresh Banana
 Choice of Milk

23
 BBQ Pulled Pork on Kaiser Roll
 Sweet Potato Fries or Baked Beans
 Pear Cup
 Choice of Milk

26
Breakfast for Lunch
 Scrambled Eggs
 English Muffin with Jam
 Roasted Chickpeas
 Strawberries
 Choice of Milk

27
 Lancer Bowl
 Crispy Chicken , Mashed Potatoes, Corn
 and Gravy
 Warm Dinner Roll
 Fresh Orange
 Choice of Milk

28
 Cheese Filled Bosco Sticks
 Marinara Cup
 Green Beans
 Warm homemade apple Crisp
 Choice of Milk

29
 Gills Cheese Pizza
 Side garden Salad
 Frozen Fruit Cup
 Choice of Milk

30
 No School

Weekly Alternate Meals:

- 6th-9th Turkey and Cheese Sandwich, Grilled Chicken Salad with Flatbread
- 12th-16th Crispy Chicken Ranch Wrap, Salad topped with Veggies and Hummus with Pita
- 19th-23rd Tuna Sandwich, Grilled Chicken Caesar Salad with Breadstick
- 26th-29th Ham and Cheese Sub, Buffalo Chicken Salad with Flatbread