



# SEPTEMBER 2019

This Institution is an Equal Opportunity Employer

## Mt Ararat Middle School

Lunch Price \$2.90  
Milk Outside the Meal \$.50  
Menu Subject to Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Labor Day  No School	<b>3</b> Chicken Tenders Cheese Ravioli Chicken Caesar Salad Green Beans Fresh Fruit & Salad Bar	<b>4</b> Assorted Pizzas Sweet & Sour Chicken Rice, Egg Roll Crunchy Slaw Fresh Fruit & Salad Bar	<b>5</b> Herbed Bosco Sticks Creamy Chicken Noodle w/Cracker Crust BBQ Chicken Sandwich Corn Cobette Fresh Fruit & Salad Bar	<b>6</b> Turkey & Gravy over Potato Fish Sticks Chicken Bacon Ranch Flatbread Peach Cobbler Fresh Fruit & Salad Bar
<b>9</b> Cheese or Chicken Quesadilla Salsa & Sour Cream Popcorn Chicken Bowl Tuna Melts Pickled Beets Fresh Fruit & Salad Bar	<b>10</b> Hot Dogs Linda's Chili w/Cinnamon Roll Rib B Q Sandwich Vegetarian Baked Beans Cole Slaw Fresh Fruit & Salad Bar	<b>11</b> Assorted Big Daddy's Pizza Slices Mini Frittata w/ Potato Tots Fresh Maine Caprese Salad Fruit & Salad Bar	<b>12</b> Baked Cheese Sticks w/Marinara Sauce Home made Lasagna w/Garlic Breadstick Turkey Gobbler Flatbread Lemony Broccoli Fresh Fruit & Salad Bar	<b>13</b> Baked Fried Chicken Monte Cristo Sandwich Broccoli Cheese Soup W/WG roll Sweet Potato Wedges Fresh Fruit & Salad Bar
<b>16</b> Brunch For Lunch Cheese omelet, Sausage Links & Hash Browns Turkey BLT on Pretzel Bun Tomato Soup w/Grilled Cheese Peas Fresh Fruit & Salad Bar	<b>17</b> Taco Tuesday Nachos w/Meat & Cheese Southwest Burrito Bowl Mango Salsa Refried Beans Fresh Fruit & Salad Bar	<b>18</b> Calzones Chicken Corn Chowder w/Biscuit Chocolate Hummus w/Graham Cracker Fresh Fruit & Salad Bar	<b>19</b> Chicken & Waffles Meatloaf & Gravy over Potato Greek Salad Wrap Honey Carrot Coins Fresh Fruit & Salad Bar	<b>20</b> Teriyaki Chicken Bites Chicken Wings & Celery Choice of Sauce Shrimp Poppers Rice Stir Fry Veggies Fresh Fruit & Salad Bar
<b>23</b> Meatless Monday Macaroni & Cheese Veggie Lo Mein Bosco Sticks w/Dipping Sauce Steamed Spinach Fresh Fruit & Salad Bar	<b>24</b> Burgers Baked French Fries Broccoli Alfredo over Pasta Linda's Choice Fresh Fruit & Salad Bar	<b>25</b> Pizza Day Loaded BBQ Pork Fries Fresh Fruit & Salad Bar August & September Birthday Treat	<b>26</b> Corn Dogs Shepherd's Pie Mams "Mac" Flatbread Kale & Apple Salad Fresh Fruit & Salad Bar	<b>27</b> Chicken Nuggets Spaghetti w/Meat Sauce Garlic Breadstick Haddock Chowder Mixed Veggies Fresh Fruit & Salad Bar
<b>30</b> Eagle Sampler Cheese Stick, Corn Dog, Onion Ring Beef & Gravy over Potato Chicken Cordon Blue Butternut Squash Fresh Fruit & Salad Bar				

The first 30 Days of last year's lunch status will carry over to October 16<sup>th</sup>, 2019. Please ensure you fill out the Lunch Benefit forms to continue Meal Benefits for the school year. A La Carte purchases cannot be made without money at the point of service. Full Reimbursable Meals can be charged, but it is the Parent's responsibility to pay the balance their student Accrues. Letters will be sent home to notify households of an outstanding balance. Please contact Katy DiCara, [dicarak@link75.org](mailto:dicarak@link75.org) or 207-729-9961 x 238 with any questions.

Welcome Back!!!

