



This Institution is an Equal Opportunity Employer

SEPTEMBER 2019

MSAD 75 Elementary Schools

Lunch Price \$2.90
Milk Outside the meal \$.50
Menu Subject to Change without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day No School</p>	<p>3</p> <p>WELCOME BACK! Taco Soup WG Tortilla Chips OR Turkey & Cheese Sandwich Fresh Watermelon Slices Fresh Fruit & Salad Bar</p>	<p>4</p> <p>Toasted Ham & Cheese OR Toasted Cheese Sandwich Warm Apple Crisp with Cream Fresh Fruit & Salad Bar</p>	<p>5</p> <p>Mashed Potato & Meatball Bowl OR Tuna Salad on a Bun Steamed Green Beans Fresh Fruit & Salad Bar</p>	<p>6</p> <p>Assorted Pizza Rounds Fresh Grapes Steamed Broccoli Fresh Fruit & Salad Bar</p>
<p>9</p> <p>Yogurt Dippers Yogurt Cheese Stick Cantaloupe & Honeydew Melon Grapes Graham Crackers Fresh Fruit & Salad Bar</p>	<p>10</p> <p>Taco Pasta Ground Beef & Salsa with Penne Pasta & WG Tortilla Chips OR Buttered Penne Noodles Seasoned Black Beans Fresh Fruit & Salad Bar</p>	<p>11</p> <p>Teriyaki Glazed Chicken Sticks OR Chicken Salad Brown Rice Orange Carrots Fresh Fruit & Salad Bar</p>	<p>12</p> <p>Burger Bar Hamburger or Veggie burger Cheese, Lettuce, Tomato Slices Pickles, Onion Slices Condiments Roasted Potato Wedges Fresh Fruit & Salad Bar</p>	<p>13</p> <p>Pizza Munchable Flatbread, Sauce, Cheese, Peperoni Orange Smiles Broccoli Salad Fresh Fruit & Salad Bar</p>
<p>16</p> <p>Cheesy Chicken Pizza Sub OR Tuna Salad Sandwich Blueberry Crisp Cucumbers with Dip Fresh Fruit & Salad Bar</p>	<p>17</p> <p>Nachos with Diced Chicken Salsa & Sour Cream OR Turkey Sandwich Cowboy Corn Salad Fresh Fruit & Salad Bar</p>	<p>18</p> <p>Broccoli Mac & Cheese OR Egg Salad Sandwich Hummus & Carrot Sticks Fresh Fruit & Salad Bar</p>	<p>19</p> <p>Herbed Pulled Turkey OR Toasted Turkey & Cheese Sandwich Maple Squash Bake WG Roll Fresh Fruit & Salad Bar</p>	<p>20</p> <p>Cheesy Pazzo Bread w/Dipping Sauce Roasted Asparagus Spiced Apples Fresh Fruit & Salad Bar</p>
<p>23</p> <p>Popcorn Chicken OR Fish Sticks Wild Blueberry Sauce Corn on the Cob WG Roll Fresh Fruit & Salad Bar</p>	<p>24</p> <p>Beef OR Bean Tacos Shredded Lettuce, Tomato Cheese, Olives Salsa & Sour Cream Fresh Fruit & Salad Bar</p>	<p>25</p> <p>Pancakes Sausage Hash Browns Fruit Cups Fresh Fruit & Salad Bar</p>	<p>26</p> <p>Make Your Own Italian Sandwiches Ham, Turkey or Veggie Lettuce, Tomato, Cheese Peppers, Olives Pickles Fun Chips Fresh Fruit & Salad Bar</p>	<p>27</p> <p>Assorted Big Daddy's Pizza Slices Apple Slaw w/dried Cherries Yellow Cake for September Birthdays Fresh Fruit & Salad Bar</p>
<p>30</p> <p>Beef & Macaroni OR Tuna Salad Sandwich Roasted Broccoli Crowns Fresh Fruit & Salad Bar</p>				

The first 30 Days of last year's lunch status will carry over to October 16th, 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 or 207-729-9961 x 238 with any questions.

Welcome Back!!!!

