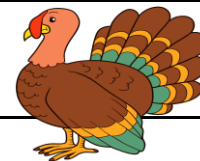
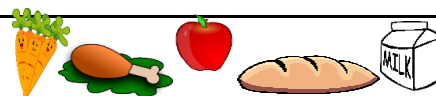


RSU 54 School Lunch Menu

November 2024



All kids eat free, stop by for all 5 or leave with at least 3



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
28 Waffle Sticks Potato Sausage Hash Steamy Broccoli Maine Blueberries Fruit and Veggie Bar	29 "54" Chicken Bowl Mashed Potatoes, Cheesy Corn Gravy & Biscuit Apple Slices with Cinnamon Fruit and Veggie Bar	30 Pulled Pork Sub Baked Beans Cross Trax Fries Banana Fruit and Veggie Bar	31 HALLOWEEN Mummy Pizza (French Bread) Candy Corn Veggies Mini Jack a Lanterns (clementine) Fruit and Veggie Bar	1 Beef & Cheese Quesadilla Salsa & Sour Cream Corn Black Bean Salad Fresh Maine Apple Fruit and Veggie Bar
4 Breakfast Burrito Egg, Cheese, Sausage Tater Tots Cinnamon Applesauce Fruit and Veggie Bar	5 Chicken Parmesan w/ Pasta Garlic Bread Stick Peas Pineapple Tidbits Fruit and Veggie Bar	6 Nat'l Nacho Day Chicken & Cheese Nachos Corn & Black Bean Salsa Lettuce, Tomato, Sour Cream Banana Fruit and Veggie Bar	7 Shepard's Pie Mashed Potato, Sweet Corn Dinner Roll Fresh Pears Fruit and Veggie Bar	8 Bosco Sticks Garden Salad w/Romaine Fresh Maine Apple Fruit and Veggie Bar
11 NO SCHOOL Veteran's Day	12 Homemade Tomato Soup Grilled Cheese Sweet Corn Mandarin Oranges Fruit and Veggie Bar	13 Chicken Pot Pie Mixed Veggies Warm Flakey Biscuit Diced Peaches Fruit and Veggie Bar	14 Steak & Cheese on WG Sub Sweet Potato Fries Romaine Salad w/Edamame Cinnamon Applesauce Fruit and Veggie Bar	15 Good Crust Pizza Good Crust Pizza Cheese Carrot & Celery Sticks w/dip Fresh Maine Apple Fruit and Veggie Bar
18 Nat'l Apple Cider Day Pancakes Sausage links Tater Tots Apple Cider Fruit and Veggie Bar	19 Cheese Burger w/ WG Bun Baked Beans Diced Carrots Fresh Pears Fruit and Veggie Bar	20 Crunchy Fish Sticks Emoji Fries Steamed Broccoli Strawberry Cup Fruit and Veggie Bar	21 *Holiday Meal* Oven Roasted Turkey Mashed Potatoes & Gravy Peas & Squash Stuffing & Fresh Baked Roll Kitchen Dessert Choice Fruit and Veggie Bar	22 Stuffed Crust Pizza Tomato Cucumber Salad Fresh Maine Apple Fruit and Veggie Bar
25 French Toast Sausage links Hashbrown Blueberry Compote Fruit and Veggie Bar	26 Kitchen's Main Meal Choice Kitchen's Veggie Choice Kitchen's Fruit Choice Fruit and Veggie Bar	27 NO SCHOOL Fall Break	28 So Very Thankful	29 NO SCHOOL Fall Break

A Low Fat or Skim Milk Variety is Served With Every Meal - Menu is Subject to Change Without Notice - All Bread Products meet the USDA Whole Grain requirements for NSLP and HUSSC

"This institution is an equal opportunity provider."