


November Menu MSAD 55

Gluten Free (GF) Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Hamburger on GF Roll Potato Oval Carrots Fresh Fruit	2nd GF Pasta w//Meatsauce Tossed Salad Green Beans Mandarin Oranges	3rd National Sandwich Day Early Release GF Chicken Burger Lettuce & Tomatoes Oven Fries Broccoli Applesauce
6th GF Baked Beans GF Hot Dog in a GF Roll GF Cole Slaw Pineapple Chunks	7th GF Pizza Baby Carrots & Hummus Sliced Pears GF Choc Pdg Cup	8th GF Chicken Nuggets GF Seasoned Rice Peas Fresh Fruit	9th GF Chicken Parmesan GF Pasta Green Beans Sliced Peaches	10th VETERANS DAY NO SCHOOL
13th GF Hamburger on GF Roll Oven Fries GF Chuckwagon Beans Orange Halves	14th GF Pizza Baby Carrots & Hummus Sliced Pears	15th Thanksgiving Celebration Turkey & GF Gravy, GF Roll & Mashed Potato, Squash Cranberry Sauce Applesauce	16th GF Pasta w//Meatsauce GF Roll Steamed Broccoli Fresh Fruit	17th Early Release GF Chicken Nuggets GF Seasoned Brown Rice Broccoli Mandarin Oranges
20th GF Chicken Burger Oven Fries Beets Sliced Peaches	21st GF Pizza Baby Peas Pineapple Chunks	ALTERNATIVE CHOICE: Choice of Chef Salad or sandwich - please notify in the morning if alternative is needed Maine Dept of Education & USDA are equal opportunity providers and employers		
27th GF Beef Taco Brown Rice, Salsa GF Mexican Beans & Corn Melon Slice	28th GF Pizza Sweet Corn Spinach Salad Sliced Peaches	29th GF Italian Sandwich Veggie Bar GF Broccolislaw Pineapple Chunks	30th GF Pasta w//Meatsauce GF Roll Carrots Tossed Salad Fresh Fruit	Meal Prices: Breakfast \$1.25 paid, free for reduced \$1.50 for adult Lunch \$2.75 paid & \$.40 for reduced, \$3.50 for adult

Breakfast Gluten Free Cereals daily all served with fruit, juice and milk

Choice of white or chocolate milk available daily. MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
 Any questions or concerns please contact Mary Emerson at 625-2490 EXT 143 or via email at memerson@sad55.org