

## November Menu MSAD 55 - Sacopec Valley Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1<sup>st</sup></b> <b>Pulled Pork Sand</b> <b>Potato Oval</b> <b>Carrots</b> <b>Fresh Fruit</b>	<b>2<sup>nd</sup></b> <b>Spaghetti</b> <b>w/Meatsauce</b> <b>Breadstick</b> <b>Tossed Salad</b> <b>Green Beans</b> <b>Mandarin Oranges</b>	<b>3<sup>rd</sup> National Sandwich Day Early Release</b> <b>Chicken Burger</b> <b>Lettuce &amp; Tomatoes</b> <b>Oven Fries</b> <b>Broccoli</b> <b>Applesauce</b>
<b>6<sup>th</sup></b> <b>Baked Beans</b> <b>Hot Dog in a Roll</b> <b>Cole Slaw</b> <b>Pineapple Chunks</b>	<b>7<sup>th</sup></b> <b>Pizza</b> <b>Baby Carrots &amp;</b> <b>Hummus</b> <b>Sliced Pears</b> <b>Chocolate Pudding</b>	<b>8<sup>th</sup></b> <b>Fish Nuggets</b> <b>Seasoned Rice</b> <b>Peas</b> <b>Fresh Fruit</b>	<b>9<sup>th</sup></b> <b>Chicken Parmesan</b> <b>Egg Noodles</b> <b>Broccoli</b> <b>Sliced Peaches</b>	<b>10<sup>th</sup></b>  <b>VETERANS</b> <b>DAY</b>  <b>NO SCHOOL</b>
<b>13<sup>th</sup></b> <b>Hamburger</b> <b>Oven Fries</b> <b>Chuckwagon Beans</b> <b>Orange Halves</b>	<b>14<sup>th</sup></b> <b>French Bread Pizza</b> <b>Baby Carrots &amp;</b> <b>Hummus</b> <b>Caesar Salad</b> <b>Sliced Pears</b>	<b>15<sup>th</sup> Thanksgiving Celebration</b> <b>Turkey &amp; Gravy, Roll</b> <b>Stuffing, Mashed Potato</b> <b>Butternut Squash</b> <b>Cranberry Sauce</b> <b>Blueberry Crisp</b>	<b>16<sup>th</sup></b> <b>Mac &amp; Cheese</b> <b>Breadstick</b> <b>Tossed Salad</b> <b>Green Beans</b> <b>Fresh Fruit</b>	<b>17<sup>th</sup> Early Release</b> <b>Tangerine Chicken</b> <b>Seasoned Brown Rice</b> <b>Broccoli</b> <b>Mandarin Oranges</b>
<b>20<sup>th</sup></b> <b>Chicken Tenders</b> <b>Dinner Roll</b> <b>Oven Fries</b> <b>Beets</b> <b>Sliced Peaches</b>	<b>21<sup>st</sup></b> <b>Pizza</b> <b>Baby Peas</b> <b>Tangy Coleslaw</b> <b>Pineapple Chunks</b>	<b>ALTERNATIVE CHOICE:</b> Choice of Sandwich or Salad of the Day  Maine Dept of Education & USDA are equal opportunity providers and employers		
<b>27<sup>th</sup></b> <b>Beef Taco</b> <b>Brown Rice, Salsa</b> <b>Mexican Beans &amp; Corn</b> <b>Melon Slice</b>	<b>28<sup>th</sup></b> <b>Pizza</b> <b>Sweet Corn</b> <b>Spinach Salad</b> <b>Sliced Peaches</b>	<b>29<sup>th</sup></b> <b>Italian Sandwich</b> <b>Veggie Bar</b> <b>Broccolislaw</b> <b>Pineapple Chunks</b>	<b>30<sup>th</sup></b> <b>Ravioli &amp; Breadstick</b> <b>Carrots</b> <b>Tossed Salad</b> <b>Fresh Fruit</b>	Meal Prices: Breakfast \$1 paid, free for reduced, \$1.50 for Adult Lunch \$2.50 paid & \$.40 for reduced, \$3.50 for Adult

BREAKFAST CHOICE served with fruit, juice and milk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choc Chip Oatmeal Bar</b>	<b>Mini Pancakes</b>	<b>Yogurt &amp; Muffin</b>	<b>Breakfast Pizza</b>	<b>Bagels &amp; Spread</b>

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](mailto:memerson@sad55.org)