

## Aug-Sept 17 Menu MSAD 55 Sacoee Valley Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE Maine Department of Education and USDA are equal opportunity providers and employers	29 <sup>th</sup> Grades Pre-K, K, 4 & 9 ONLY <b>Pizza</b> <b>Baby Carrots &amp; Hummus</b> <b>Caesar Salad</b> <b>Fresh Fruit Choice</b>	30 <sup>th</sup> All Students <b>Salad Bar</b> <b>Breadsticks</b> <b>Strawberries</b> <b>Chocolate Pudding</b>	31 <sup>st</sup> <b>Chicken Parmesan</b> <b>Whole Grain Bread</b> <b>Egg Noodles</b> <b>Green Beans</b> <b>Fresh Fruit</b>	1 <sup>st</sup>  <b>No School</b>
<b>Labor Day</b> <b>No School</b>	5 <sup>th</sup> <b>Pizza</b> <b>Baby Peas</b> <b>Grape Tomato Salad</b> <b>Orange Halves</b>	6 <sup>th</sup> <b>Egg &amp; Cheese Wrap</b> <b>Salsa, Veggie Bar, Muffin</b> <b>Hash Brown Potatoes</b> <b>Fresh Melon Slices</b>	7 <sup>th</sup> <b>Spaghetti &amp; Meatsauce</b> <b>Roll &amp; Broccoli</b> <b>Caesar Salad</b> <b>Applesauce</b>	8 <sup>th</sup> <b>Chicken Nuggets</b> <b>Oven Fries</b> <b>Green Beans</b> <b>Sliced Peaches</b>
11 <sup>th</sup> <b>Beef Taco</b> <b>Brown Rice, Veggie Bar, Refried Beans, Fresh Fruit</b>	12 <sup>th</sup> <b>Pizza</b> <b>Green Beans</b> <b>Spinach Salad</b> <b>Sliced Peaches</b>	13 <sup>th</sup> <b>Italian Sandwich</b> <b>Veggie Bar</b> <b>Black Bean &amp; Corn Salad</b> <b>Pineapple Chunks</b>	14 <sup>th</sup> <b>Ravioli &amp; Breadstick</b> <b>Steamed Broccoli</b> <b>Tossed Salad</b> <b>Fresh Fruit</b>	15 <sup>th</sup> EARLY RELEASE 55 AT 1 PM <b>Chicken Patty Sandwich</b> <b>Tatar Tots</b> <b>Baby Carrots &amp; Hummus</b> <b>Fruit Cocktail</b>
18 <sup>th</sup> <b>Hamburger</b> <b>Oven Fries</b> <b>Chuckwagon Beans</b> <b>Orange Halves</b>	19 <sup>th</sup> <b>Pizza</b> <b>Sweet Corn</b> <b>Tossed Salad</b> <b>Banana</b>	20 <sup>th</sup> <b>Fish Nuggets</b> <b>Mashed Potatoes</b> <b>Peas &amp; Dinner Roll</b> <b>Sliced Peaches</b>	21 <sup>st</sup> <b>American Chop Suey</b> <b>Green Beans</b> <b>Caesar Salad</b> <b>Pineapple Tidbits</b>	22 <sup>nd</sup> <b>Tangerine Chicken</b> <b>Seasoned Brown Rice</b> <b>Broccoli</b> <b>Mandarin Oranges</b>
25 <sup>th</sup> <b>Hot Ham &amp; Cheese on a Croissant</b> <b>Maine Baked Beans</b> <b>Coleslaw</b> <b>Sliced Pears</b>	26 <sup>th</sup> <b>Pizza Quesadilla</b> <b>Baby Carrots &amp; Hummus</b> <b>Tossed Salad</b> <b>Fresh Fruit</b>	27 <sup>th</sup> <b>Chicken Tacos</b> <b>Brown Rice</b> <b>Corn</b> <b>Pineapple Tidbits</b>	28 <sup>th</sup> <b>Mac &amp; Cheese</b> <b>Wheat Roll</b> <b>Caesar Salad</b> <b>Broccoli</b> <b>Applesauce</b>	29 <sup>th</sup> EARLY RELEASE 55 AT 1 PM <b>Popcorn Chicken</b> <b>Oven Fries</b> <b>Green Beans</b> <b>Sliced Peaches</b>
Alternative Choices - Choice of Sandwich or Specialty Salad of the Day				
BREAKFAST CHOICE served with fruit, juice and milk				

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<b>Breakfast Round</b>	<b>French Toast Sticks</b>	<b>Banana Bread</b>	<b>Breakfast Hot Pocket</b>	<b>Soft Breakfast Bar</b>

Any questions or concerns please contact Mary Emerson at 625-2490 EXT 143 or via email at [memerson@sad55.org](mailto:memerson@sad55.org)  
Meal Prices: Breakfast \$1 Elementary & SVMS, \$1.25 at SVHS Lunch \$2.50 Elementary & SVMS, \$2.75 at SVHS