

Available Daily:  
 -Yogurt & Cheese  
 -Baby Carrots  
 Stick with Homemade  
 Granola  
 -Chicken Patty Sandwich



# Old Orchard Beach High School





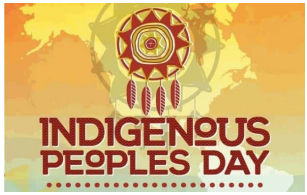





## October Lunch Menu

Milks Choices:  
 1% Milk  
 Skim Milk  
 Chocolate Milk  
 (selections may vary by day)



October's Harvest of the Month is Maine Apples!



<p><b>4</b>          Garlic Parmesan Flatbread          Cucumbers          Mixed Fruit</p>	<p><b>5</b>          Chicken Tenders with Biscuit          Santa Fe Black Beans          Grapes</p>	<p><b>6 EARLY RELEASE DAY</b>          Bosco Sticks          Carrots          Maine Apples  </p>	<p><b>7</b>          Meatball Subs          Steamed Peas          Watermelon</p>	<p><b>1</b>          Mini Cheese Ravioli with a Breadstick          Fresh Broccoli with Dip          Fresh Pears</p>
<p><b>11</b>  </p>	<p><b>12</b>          Cheeseburger or Hamburger          Fresh Green Beans          Maine Apples  </p>	<p><b>13 BRUNCH FOR LUNCH</b>          Cheese Omelet or Sausage with French Toast Sticks          Hash Browns          Orange Slices</p>	<p><b>14</b>          Cheese Bites with Marinara          Side Salad with Cherry Tomatoes          Strawberries</p>	<p><b>15</b>          Chicken and Waffles          Steamed Carrots          Diced Pears</p>
<p><b>18</b>          Grilled Cheese          Tomato Soup          Diced Peaches</p>	<p><b>19</b>          Macaroni and Cheese with a Dinner Roll          Roasted Chickpeas          Kiwi Slices</p>	<p><b>20</b>          General Tso's Chicken with Fried Rice          Steamed Peas          Mixed Fruit</p>	<p><b>21</b>          BBQ Chicken with Cornbread          Cucumbers          Cantaloupe</p>	<p><b>22</b>          Big Daddy's Pizza          Steamed Broccoli          Bananas</p>
<p><b>25</b>          Hot Dogs          Baked Sweet Potato Fries          Maine Apples  </p>	<p><b>26</b>          Baked Mozzarella Sticks with Marinara          Green Beans          Diced Peaches</p>	<p><b>27</b>          Popcorn Chicken with a Soft Pretzel          Corn          Diced Pears</p>	<p><b>28 TACO DAY!</b>          Ground Beef Tacos with Brown Rice          Refried Beans          Orange Slices</p>	<p><b>29</b>          Chicken Nuggets with a Breadstick          Fresh Broccoli with Dip          Fresh Pears          *Halloween treat with each lunch*</p> 

This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	Ranch Chicken BLT Salad	Buffalo Chicken Salad	Harvest Salad	Southwest Black Bean Salad

Menu is subject to change.