

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







Old Orchard Beach High School

August/September Lunch Menu



Milks Choices:
 1% Milk
 Skim Milk
 Chocolate Milk

<p>September's Harvest of the Month is Maine Tomatoes</p> 		<p>31 Welcome Back 9th Grade! Chicken Patty Sandwiches Steamed Broccoli Watermelon</p>	<p>1 Welcome Back 10-12th Grade! Cheese Bites with Marinara Cucumbers Diced Peaches</p>	<p>2 No School- Enjoy the Long Weekend!</p>
<p>5 </p>	<p>6 Chicken & Waffles Green Pepper Slices Mixed Fruit</p>	<p>7 Chicken or Cheese Quesadilla with School- Made Salsa w Maine Tomatoes Black Bean Salad Strawberries</p> 	<p>8 BRUNCH FOR LUNCH Cheese Omelet or Turkey Sausage with French Toast Sticks Hash Brown Rounds Orange Slices</p>	<p>9 Big Daddy's Pizza Roasted Broccoli Diced Pears</p>
<p>12 Chicken Drumsticks Biscuit Baked Beans Grapes</p>	<p>13 Lasagna Roll-Ups Garlic Knots Side Salad w Maine Tomatoes Bananas</p> 	<p>14 EARLY RELEASE Bosco Sticks with Marinara Baby Carrots Apples</p>	<p>15 Meatball Subs Garlic Roasted Green Beans Diced Peaches</p>	<p>16 Chicken Nuggets with Cheesy Breadstick Steamed Peas Sliced Watermelon</p>
<p>19 Baked Mozzarella Sticks with Marinara Red Pepper Slices Mixed Fruit</p>	<p>20 Hot Dogs Baked French Fries Sliced Honeydew Melon</p>	<p>21 Popcorn Chicken Soft Pretzel Green Pepper Slices Orange Slices</p>	<p>22 TACO DAY Ground Beef Taco Brown Rice Refried Beans Apples</p>	<p>23 Garlic Parmesan Flatbread Fresh Broccoli w/ Dip Grapes</p>
<p>26 Grilled Cheese Tomato Soup Cantaloupe</p>	<p>27 Macaroni & Cheese Dinner Roll Rosemary Roasted Cauliflower Mixed Fruit</p>	<p>28 Chicken Tenders Garlic Toast Mashed Potatoes Fresh Peaches</p>	<p>29 Cheeseburger or Hamburger Roasted Chickpeas Orange Slices</p>	<p>30 Orange Chicken with Fried Rice Steamed Broccoli Diced Peaches</p>

This institution is an equal opportunity
 employer.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar	Ranch Chicken	Buffalo Chicken	Chef's Salad	Harvest Salad

Menu is subject to change.



Old Orchard Beach High School

August/September Breakfast Menu

Available Daily:
-Assorted Cereal with Cheese Stick



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

Follow us on Facebook at RSU 23 Food & Nutrition Services 		31 French Toast Sticks 100% Fruit Juice Apples	1 Sausage or Bacon Egg & Cheese Breakfast Sandwich 100% Fruit Juice Apples	2 No School- Enjoy the Long Weekend!
5 	6 Cinnamon Rolls 100% Fruit Juice Apples	7 French Toast Sticks 100% Fruit Juice Apples	8 Sausage or Bacon Egg & Cheese Breakfast Sandwich 100% Fruit Juice Apples	9 Bagels & Cream Cheese 100% Fruit Juice Apples
12 Sausage Tornadoes 100% Fruit Juice Apples	13 Cinnamon Rolls 100% Fruit Juice Apples	14 French Toast Sticks 100% Fruit Juice Apples	15 Sausage or Bacon Egg & Cheese Breakfast Sandwich 100% Fruit Juice Apples	16 Bagels & Cream Cheese 100% Fruit Juice Apples
19 Sausage Tornadoes 100% Fruit Juice Apples	20 Cinnamon Rolls 100% Fruit Juice Apples	21 French Toast Sticks 100% Fruit Juice Apples	22 Sausage or Bacon Egg & Cheese Breakfast Sandwich 100% Fruit Juice Apples	23 Bagels & Cream Cheese 100% Fruit Juice Apples
26 Sausage Tornadoes 100% Fruit Juice Apples	27 Cinnamon Rolls 100% Fruit Juice Apples	28 French Toast Sticks 100% Fruit Juice Apples	29 Sausage or Bacon Egg & Cheese Breakfast Sandwich 100% Fruit Juice Apples	30 Bagels & Cream Cheese 100% Fruit Juice Apples

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