

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


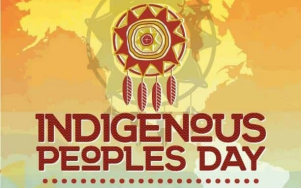







# Old Orchard Beach High School



## October Lunch Menu

Milks Choices:  
 1% Milk  
 Skim Milk  
 Chocolate Milk

<p>3 Cheese Bites with Marinara Side Salad Diced Peaches</p>	<p>4 Chicken &amp; Waffles Green Pepper Slices Mixed Fruit</p>	<p>5 EARLY RELEASE DAY Bosco Sticks with Marinara Baby Carrots Maine Apples </p>	<p>6 BRUNCH FOR LUNCH Cheese Omelet or Turkey Sausage with French Toast Sticks Hash Brown Rounds Orange Slices</p>	<p>7 <b>No School</b> Enjoy the Long Weekend!</p>
<p>10  INDIGENOUS PEOPLES DAY</p>	<p>11 Lasagna Roll-Ups Garlic Knots Side Salad Bananas</p>	<p>12 Chicken or Cheese Quesadilla Black Bean Salad Strawberries</p>	<p>13 Steak &amp; Cheese Sub Garlic Roasted Green Beans Diced Peaches</p>	<p>14 Chicken Nuggets with Cheesy Breadstick Garlic Roasted Potatoes Sliced Watermelon</p>
<p>17 Baked Mozzarella Sticks with Marinara Red Pepper Slices Mixed Fruit</p>	<p>18 Hot Dogs Baked French Fries Sliced Honeydew Melon</p>	<p>19 Popcorn Chicken Soft Pretzel Green Pepper Slices Orange Slices</p>	<p>20 TACO DAY Ground Beef Taco Brown Rice Refried Beans Maine Apples </p>	<p>21 Garlic Parmesan Flatbread Fresh Broccoli w/ Dip Grapes</p>
<p>24 Grilled Cheese Tomato Soup Cantaloupe</p>	<p>25 Macaroni &amp; Cheese Dinner Roll Rosemary Roasted Cauliflower Mixed Fruit</p>	<p>26 Chicken Tenders Garlic Toast Mashed Potatoes Fresh Peaches</p>	<p>27 Cheeseburger or Hamburger Roasted Chickpeas Orange Slices</p>	<p>28 Big Daddy's Pizza Roasted Broccoli Diced Pears</p>
<p>31 Cheese Bites with Marinara Cucumbers Diced Peaches *Pudding Dirt Cup w Meal*</p>  	<div style="text-align: center;">  <h3>October's Harvest of the Month is Maine Apples</h3>  </div>			

This institution is an equal opportunity provider .

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

Menu is subject to change.

Available Daily:  
-Assorted Cereal with Cheese



# Old Orchard Beach High School



## October Breakfast Menu

Milks Choices:  
1% Milk  
Skim Milk

<p>3 Assorted Cereal Diced Peaches</p>	<p>4 Bacon, Egg, and Cheese Breakfast Sandwich 100% Fruit Juice</p>	<p>5 Blueberry Muffins Applesauce</p>	<p>6 Bagel and Cream Cheese 100% Fruit Juice</p>	<p>7 No School- Enjoy the Long Weekend!</p>
<p>10  INDIGENOUS PEOPLES DAY</p>	<p>11 Banana Bread Diced Pears</p>	<p>12 Breakfast Pizza 100% Fruit Juice</p>	<p>13 Banana Chocolate Chip Breakfast Bars Diced Peaches</p>	<p>14 Apple Cinnamon Muffin 100% Fruit Juice</p>
<p>17 Blueberry Muffin Flat 100% Fruit Juice</p>	<p>18 French Toast Sticks Applesauce</p>	<p>19 Sausage, Egg, &amp; Cheese Breakfast Sandwich 100% Fruit Juice</p>	<p>20 UBR Breakfast Bar Apple Slices</p>	<p>21 Mini Cinnis Diced Peaches</p>
<p>24 Corn Muffins 100% Fruit Juice</p>	<p>25 Whole Grain Cinnamon Scone Clementines</p>	<p>26 Banana Muffin Flat Apple Slices</p>	<p>27 Cinnamon Raisin Bagel and Cream Cheese Diced Peaches</p>	<p>28 Egg &amp; Cheese Breakfast Sandwich on a Waffle Flatbread 100% Fruit Juice</p>
<p>31 Pumpkin Bread 100% Fruit Juice </p>	<p style="text-align: center;">  <b>Follow us on Facebook at RSU 23 Food &amp; Nutrition Services</b> </p>			

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