

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


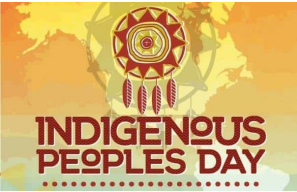



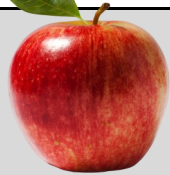



Loranger Memorial School



Milks Choices:
 1% Milk
 Skim Milk
 Chocolate Milk

October Lunch Menu

<p>3 Cheese Bites with Marinara Side Salad Diced Peaches</p>	<p>4 Chicken & 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 No School Enjoy the Long Weekend!</p>
<p>10  INDIGENOUS PEOPLES DAY</p>	<p>11 Lasagna Roll-Ups w Garlic Knot OR Chef David's Pepperoni Pizza Rolls  Side Salad Bananas</p>	<p>12 Chicken or Cheese Quesadilla Black Bean Salad Strawberries</p>	<p>13 Steak & Cheese Sub Garlic Roasted Green Beans Diced Peaches</p>	<p>14 Chicken Nuggets with Cheesy Breadstick Steamed Peas Sliced Watermelon</p>
<p>17 Baked Mozzarella Sticks with Marinara Red Pepper Slices Mixed Fruit</p>	<p>18 Hot Dogs Garlic Roasted Potatoes 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 & 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>  	<p>October's Harvest of the Month is Maine Apples</p> 			

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.

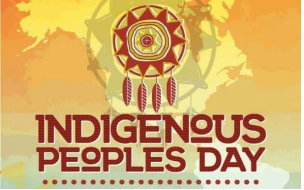


Loranger Memorial School

October Breakfast Menu



Available Daily:
-Assorted Cereal with Cheese

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, & 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 & Cheese Breakfast Sandwich on a Waffle Flatbread 100% Fruit Juice</p>
<p>31 Pumpkin Bread 100% Fruit Juice </p>	<div style="text-align: center;">  <p>Follow us on Facebook at RSU 23 Food & Nutrition Services</p> </div>			

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