

# 2024 OCTOBER

## Old Orchard Beach High School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### Daily Options

Assorted Cereal  
Bagels & Cream Cheese  
Muffins  
Breakfast Bars  
100% Fruit Juice

1

**Breakfast Sandwiches**  
Applesauce Cups

2

**Pancake Wrapped Sausage**  
Apple Slices

3

**Cinnamon Rolls**  
Diced Peaches

4

**McCain Early Risers & Hashbrowns**  
Mixed Fruit

7

**French Toast Sticks**  
Pineapple Tidbits

8

**Breakfast Sandwiches**  
Applesauce Cups

9

**Pancake Wrapped Sausage**  
Apple Slices

10

**Cinnamon Rolls**  
Diced Peaches

11

**No School**  
Teacher Workshop Day

14

**Indigenous Peoples Day**

15

**Breakfast Sandwiches**  
Applesauce Cups

16

**Pancake Wrapped Sausage**  
Apple Slices

17

**Cinnamon Rolls**  
Diced Peaches

18

**McCain Early Risers & Hashbrowns**  
Mixed Fruit

21

**French Toast Sticks**  
Pineapple Tidbits

22

**Breakfast Sandwiches**  
Applesauce Cups

23

**Pancake Wrapped Sausage**  
Apple Slices

24

**Cinnamon Rolls**  
Diced Peaches

25

**McCain Early Risers & Hashbrowns**  
Mixed Fruit

28

**French Toast Sticks**  
Pineapple Tidbits

29

**Breakfast Sandwiches**  
Applesauce Cups

30

**Pancake Wrapped Sausage**  
Apple Slices

31

**Cinnamon Rolls**  
Diced Peaches

# 2024 OCTOBER

## Old Orchard Beach High School

### MONDAY

#### Daily Options

Chicken Patty Sandwiches  
Yogurt Snack Packs  
Apples  
Carrots

### TUESDAY

1

**Chicken & Waffles**  
Steamed Corn  
Grapes

### WEDNESDAY

2

**Early Release Day**  
**Bosco Sticks**  
Carrots  
Apples

### THURSDAY

3

**Meatballs and Whole Grain Ziti**  
**Breadstick**  
Roasted Green Beans  
Mixed Fruit

### FRIDAY

4

**Chicken Nuggets**  
**Garlic Toast**  
Steamed Broccoli  
Diced Pears

7

**Copycat Chick Fil A Sandwiches**  
Baked Beans  
Cantaloupe

8

**Popcorn Chicken Bowls**  
(popcorn chicken, mashed potatoes,  
corn, & gravy with a  
whole grain biscuit)  
Green Pepper Slices  
Bananas

9

**Garlic Parmesan Flatbreads**  
Steamed Peas  
Strawberries

10

**Brunch for Lunch!**  
**French Toast Sticks with Chicken**  
**Sausage or Cheese Omelets**  
Hash Browns  
Orange Slices

11

**No School**  
Teacher Workshop Day

14

**Indigenous Peoples Day**

15

**General Tso's Chicken with**  
**Fried Rice**  
Steamed Carrots  
Mandarin Oranges

16

**Cheese Tortellini**  
**Garlic Knot**  
Caesar Salad  
Mixed Fruit

17

**Cheeseburgers or Hamburgers**  
Baked McCain French Fries  
Grapes

18

**School-Made Pizza using Maine's**  
**Good Crust Dough**  
Parmesan Zucchini  
Pineapple Tidbits

21

**Mozzarella Sticks**  
Marinara  
Roasted Ranch Broccoli  
Diced Pears

22

**Taco Tuesday!**  
**Ground Beef Tacos**  
**Brown Rice**  
Refried Beans  
Honeydew Melon

23

**Grilled Cheese**  
Tomato Soup  
Bananas

24

**Homemade Chicken Alfredo**  
**Garlic Toast**  
Cucumber Slices  
Diced Peaches

25

**Chicken Drumsticks**  
**Dinner Rolls**  
Mashed Potatoes  
Orange Slices

28

**Lasagna Roll Ups**  
**Garlic Knots**  
Red Pepper Slices  
Warm Cinnamon Apples

29

**Chicken Quesadillas**  
Black Bean Salad  
Applesauce Cups

30

**Macaroni & Cheese**  
**Breadsticks**  
Buffalo Cauliflower  
Mixed Fruit

31

**Chicken Parmesan**  
**Whole Wheat Ziti**  
Side Salad  
Watermelon  
**\*\*Free Halloween Treat with**  
**School Lunches\*\***

#### Entrée Salad Rotation

**Monday-** Chicken Caesar  
**Tuesday-** Ranch Chicken BLT  
**Wednesday-** Buffalo Chicken  
**Thursday-** Chef's Salad  
**Friday-** Autumn Salad