



# OCTOBER 2018

BANGOR SCHOOL DEPARTMENT

## ELEMENTARY LUNCH MENU

Choice of chocolate, low-fat or skim milk served with each menu.

Menu subject to change without prior notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1-Oct</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Hot Dog on Roll Vegetarian Beans Carrots and Dip Pineapple	Cheeseburger on a Bun Lettuce and Tomato Slice Baked Potato Puffs Mandarin Oranges	Spaghetti w/ Meat sauce Green Beans Dinner Roll Peaches	Chicken Patty on a Bun Seasoned Pasta Broccoli Fruit Cocktail	Cheese Pizza W. K. Corn Pretzels Fresh Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Columbus Day/ Indigenous People Day</b>	Chicken Nuggets Breadstick Rice Pilaf/Broccoli Applesauce	Cereal and Yogurt Cup Carrot with Sun butter Dip Banana Animal Crackers	Grilled Cheese Sandwich Tomato Soup Cucumbers and Dip Fruit Crisp w/ Topping	Ravioli Whole Kernel Corn Dinner Roll Fresh Fruit
<b>NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19</b>				
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
French Toast Sticks Apple Juice Sliced Ham Hash Brown/Fruit Choices	Chicken Patty on a Bun Seasoned Pasta Carrots and Dip Pineapple	Turkey and Cheese on Bun Oven Baked Wedges Broccoli Fruit Cocktail/Birthday Cake	Dip-a-Taco w/ Meat Sauce Cheese, Lettuce & Tomato WG Rice/Refried Beans Pears	Italian Dunkers (Breadsticks w/ Cheese and Spaghetti Sauce) Corn/Fresh Fruit
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Corn Dogs Vegetarian Beans Carrots w/Dip Fruit Cocktail	Chicken Nuggets W/BBQ sauce Breadstick Rice Pilaf/Broccoli Applesauce	Italian w/Ham & Cheese Tomato, Peppers, Pickles Seasoned Pasta Fruit Mix	Popcorn Chicken Cheese Pretzel Green Beans Mandarin Oranges	Cheese Pizza W. K. Corn Pretzels Fresh Fruit
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
Mini Pancakes Apple Juice Sliced Ham Hash Brown/Fruit Choices	Cheeseburger on a Bun Vegetarian Beans Broccoli Pineapple	Meatball Sandwich Baked Potato Puffs Celery with Dip Pears/Pumpkin Bar	Chicken Patty on a Bun Seasoned Pasta Corn Peaches	Grilled Cheese Sandwich Tomato Soup Carrots and Dip Fresh Fruit

All students who bring a lunch from home must pay for any milk to accompany their lunch. Milk is 65 cents.

This institution is an equal opportunity employer.