



OCTOBER 2017

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
2-Oct Hot Dog on Roll Vegetarian Beans Carrots and Dip Pineapple	3 Cheeseburger on a Bun Lettuce and Tomato Slice Baked Potato Puffs Mandarin Oranges	4 Spaghetti w/ Meat sauce Peas Wheat Roll Peaches	5 Chicken Patty on a Bun Seasoned Pasta Broccoli Fruit Cocktail	6 Cheese Pizza w/Pepperoni W. K. Corn Pretzels Fresh Fruit
9 Columbus Day/ Indigenous People Day	10 Chicken Nuggets Breadstick Rice Pilaf/Broccoli Applesauce	11 Cereal and Yogurt Cup Carrot with Sun butter Dip Banana Animal Crackers	12 Grilled Cheese Sandwich Tomato Soup Cucumbers and Dip Fruit Crisp w/ Topping	13 Cheese Pizza Square W. K. Corn Pretzels Crunchy Apples
NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13				
16 French Toast Sticks Apple Juice Sliced Ham Hash Brown/Fruit Choices	17 Chicken Patty on a Bun Seasoned Pasta Carrots and Dip Pineapple	18 Turkey and Cheese on Bun Oven Baked Wedges Broccoli Fruit Cocktail/Birthday Cake	19 Dip-a-Taco w/ Meat Sauce Cheese, Lettuce & Tomato WG Rice/Refried Beans Pears	20 Italian Dunkers (Breadsticks w/ Cheese and Spaghetti Sauce) Corn/Fresh Fruit
23 Hot Dog on Roll Vegetarian Beans Carrots w/Dip Fruit Cocktail	24 Chicken Nuggets Wheat Roll Rice Pilaf/Broccoli Applesauce	25 Cereal and Yogurt Cup Celery with Sun butter Dip Banana Animal Crackers	26 Italian w/Ham & Cheese Tomato, Peppers, Pickles Seasoned Pasta Fruit Mix	27 Cheese Pizza w/Pepperoni W. K. Corn Pretzels Fresh Fruit
30 Mini Pancakes Apple Juice Sliced Ham Hash Brown/Fruit Choices	31 Cheeseburger on a Bun Vegetarian Beans Broccoli Pumpkin Bar	1 Meatball Sandwich Baked Potato Puffs Celery with Dip Pears	2 Chicken Patty on a Bun Lettuce and Tomatoes Carrots and Dip Peaches	3 Italian Dunkers (Breadsticks w/ Cheese and Spaghetti Sauce) Corn/Fresh Fruit

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