NOVEMBER 2007 SACO MIDDLE SCHOOL LUNCH MENU

Lunch price (Meal Deal) is $2.00. Choose an entrée (Subs & Salads Made Your Way, Chicken on a Bun, Pizza, Entrée Salad, Grab n' Go Sandwiches or Salads, Bagel Lunch or the menu items below, then pick 1 or more sides (10 oz milk, 4 oz juice, fruit, veggies, etc.) to make a Meal Deal for only $2.00. Please make checks payable to Saco School Nutrition Program and include student name or PIN (Personal ID Number) on check. Thank you!

A variety of milk in 10 oz plastic bottles is available daily: skim, and lowfat white, strawberry, chocolate & coffee

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets WG (Whole Grain) Sweet Potato Fries Fruit & Veggie Bar Oct. 29	Brunch for Lunch French Toast Sticks w/ Sausage Potato Puffs Fruit Bar 30	Cheese Ravioli with Marinara Sauce Bread Stick Tossed Salad Fruit 31	LoMein Noodles w/ Chicken & Oriental Veggies Egg Roll Fortune Cookie Pineapple Tidbits Nov. 1	Popcorn Fish & Fries Boat Creamy Cole Slaw Fruit & Veggie Bar 2
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt
KFC Style Chicken Bowl: Mashed Potatoes topped w/ Corn, Chicken, Gravy & Cheese Wheat Roll Fruit & Veggie Bar 5	Nachos w/ Cheese Sauce & Chili Salsa Mexican Rice Fruit & Veggie Bar 6	Spaghetti &Meatballs Garlic Bread Stick Tossed Salad Fruit & Veggie Bar 7	Shaved Steak Sub w/ Melted Cheese Onions & Green Peppers Baked Fries Fruit & Veggie Bar 8	Mozzarella filled Pizza sticks with Marinara Dipping Sauce Fruit & Veggie Bar 9
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt
NO SCHOOL VETERANS' DAY 12	Hot Meatball Sub With Melted Cheese Pasta Salad Fruit & Veggie Bar 13	Homemade Macaroni & Cheese Garlic Bread Tossed Salad Sliced Strawberries 14	Thanksgiving Dinner Roast Turkey Mashed Potatoes w/ Gravy, Peas Herbed Stuffing Apple Crisp 15	Cheeseburger or Hamburger or Veggie Burger Fruit/Veggie Bar 16
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt
Spicy Breaded Chicken on a Bun Spiral Fries Fruit & Veggie Bar 19	EARLY RELEASE Jumbo Soft Pretzel Cheese Sauce Raisins Fruit/Veggie Bar 20	NO SCHOOL 21	NO SCHOOL THANKSGIVING DAY 22	NO SCHOOL 23
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt
Chicken Fries & Potato Smiles Boat Fruit & Veggie Bar 26	Shepherd's Pie Wheat Roll Fruit & Veggie Bar 27	Cheesey Lasagna Garlic Bread Tossed Salad Fruit &Veggie Bar 28	Gyros (Yee-rows) (Spicy Beef & Cucumber Sauce in a Soft Pita 29	Mozzarella Filled Bread Sticks w/ Marinara Dipping Sauce Fruit & Veggie Bar 30
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt

Menu may be subject to change due to availability.

BREAKFAST MENU

Breakfast price is $1.00 or reduced is $.20 or free for those who qualify. SMS Breakfast is served from 7:00-7:30 a.m. Milk & Juice are included with Breakfast. Cereal, Toast & Muffins also available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
Wheat Cinnamon Buns	Egg, cheese & turkey Sausage Quesadilla	Breakfast Pizza	Egg cheese & sausage Eng. muffin	French Toast Sticks & sausage