

## OCTOBER 2007 SACO MIDDLE SCHOOL LUNCH MENU

Lunch price (Meal Deal) is \$2.00. Choose an entrée (Sub Shop, 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!

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Baked French Fries Fruit & Veggie Bar  1	Nachos with Cheese Sauce & Chili on the side Lettuce, Tomato Fruit 2	Spaghetti with Meatballs Tossed Salad Fruit 3	Breaded Chicken on a Bun Fruit & Veggie Bar 4	EARLY RELEASE Jumbo Soft Pretzel w/ Cheese Dip Pizza Fruit, Veggie 5
Also Available Daily:	Sub Shop MadeYourWay,	Grab-n-Go Sandwiches,	Entrée Salads, Pizza,	Bagel & Yogurt
NO SCHOOL COLUMBUS DAY  8	Chicken Tenders Baked Fries Fruit & Veggie Bar 9	Cheesy Stuffed Shells with Garlic Bread Stick Tossed Salad Fruit & Veggie Bar 10	KFC Style Chicken Bowl: Mashed Potatoes topped with Corn, Chicken, Gravy & Cheese Wheat Roll Fruit/Veggie Bar 11	Mozzarella filled Pizza sticks with Marinara Dipping Sauce Fruit & Veggie Bar 12
Also Available Daily:	Sub Shop MadeYourWay,	Grab-n-Go Sandwiches,	Entrée Salads, Pizza,	Bagel & Yogurt
Hot Meatball Sub With Melted Cheese Pasta Salad Fruit & Veggie Bar 15	Spicy Buffalo Chicken On a Bun Fish & Fries Boat Creamy Cole Slaw Fruit & Veggie Bar 16	Cheese Lasagna w/ Garlic Bread Deli Turkey Club & Goldfish Boat Tossed Salad Fruit/Veggie Bar 17	Cheesy Noodles & Ham Carbonara "Poorboy" Hot Ham & Cheese Sub Fruit/Veggie Bar 18	Cheeseburger or Hamburger or Veggie Burger Red Bliss Potato Salad Fruit/Veggie Bar 19
Also Available Daily:	Sub Shop MadeYourWay,	Grab-n-Go Sandwiches,	Entrée Salads, Pizza,	Bagel & Yogurt
Shepherd's Pie with Wheat Roll Fruit & Veggie Bar 22	Teriyaki Chicken Dippers & Rice Pilaf Cheese Quesadillas With Rice Pilaf Fruit/Veggie Bar 23	Rigatoni Noodles w/ Meat Sauce Garlic Bread Stick Tossed Salad Fruit 24	Chicken Strips & Potato Smiles Boat Deli Turkey & Bacon Wrap w/ Potato Smiles Fruit/Veggie Bar 25	Sloppy Joe on a Bun Breaded Fish & Cheese on a Bun Fruit/Veggie Bar 26
Also Available Daily:	Sub Shop MadeYourWay,	Grab-n-Go Sandwiches,	Entrée Salads, 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

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