

MAY 2008 SACO MIDDLE SCHOOL LUNCH MENU

Please make sure you have money in your account. Anyone who owes the School Lunch Program \$5.00 or more will be offered a turkey/ham sandwich and a milk for lunch. Saco School Board policy allows up to \$5.00 to be charged, after which time no further charging is allowed and an alternate meal may be served.

Lunch price (Meal Deal) is \$2.00. Choose an entrée: Subs & Salads Made Your Way (order on slips in a.m. homeroom), Chicken on a Bun, Pizza, 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. No charging, please! 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 (Whole Grain)& Baked Fries Boat Fruit & Veggie Bar 5	Hot Meatball Sub w/ Shredded Cheese Fruit & Veggie Bar 6	Spaghetti w/ Marinara Sauce Breadstick Caesar Salad Fruit /Veggie Bar 7	NO SMS Students 5th Grade Step-Up Day Big Daddy's Pizza Fruit & Veggie Bar 8	Breaded Fish & Spiral Fries Boat Fruit &Veggie Bar 9
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt
Chicken Sticks & Potato Smiles Boat Fruit/Veggie Bar 12	Nachos w/ Cheese Sauce & Salsa Marinated Black Bean & Corn Salad Fruit/Veg Bar 13	American Chop Suey Breadstick Tossed Salad Fruit &Veggie Bar 14	Chicken Fajitas: Chicken Strips & Veggies wrapped in a flour tortilla Fruit/Veg Bar 15	Cheeseburgers OR Hamburgers Baked Fries Fruit & Veggie Bar 16
Buffalo Chicken Tenders & Fries Cole Slaw Fruit/Veggie Bar 19	Soft Pretzel with Yogurt Fruit & Veggie Bar 20	Penne Pasta (Barilla Whole Grain) with Meat Sauce Garlic Bread Caesar Salad Fruit/Veg Bar 21	BLT:Turkey Bacon Lettuce & Tomato On Wheat Toasted Fruit & Veggie Bar 22	Bosco Soft Bread Sticks filled w/ Mozzarella Cheese Marinara Dipping Sauce Fruit/Veg Bar 23
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt
NO SCHOOL MEMORIAL DAY 26	KFC-Style Popcorn Chicken Bowl w/ Mashed Potatoes, Corn & Gravy Roll Fruit/Veggie Bar 27	Chicken Parmesan w/ Angel Hair Pasta w/ Garlic Butterr Garlic Bread Tossed Salad Fruit & Veggie Bar 28	Pasta Salad Bowl: Curly Pasta w/ Ham Cheese, Veggies & Italian Dressing Fruit & Veggie Bar 29	Breaded Fish on a Bun w/ Spiral Fries Fruit & Veggie Bar 30
Also Available Daily:	Sub Shop MadeYourWay,	GrabnGo Sandwiches/Salads	Chicken on a Bun, Pizza,	Bagel & Yogurt

SMS BREAKFAST MENU MAY 2008

Students are now allowed to purchase at the breakfast cart in the hallway (or in the caf) and eat on-the-go or during homeroom period, or to eat breakfast in the cafeteria. Includes milk and juice.

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Wheat Cinnamon Bun	Pancake & Sausage On a Stick	Blueberry Muffin	Sausage,Egg&Cheese on an English Muffin	French Toast Sticks

Studies show that students who eat breakfast have been shown to have:

- **Better grades and test scores!!!!!!!!!!**
- **Improved concentration and attention span**
- **Overall improved nutrient intake, especially calcium, protein, folate and fiber**
- **Decreased risk of being overweight**