

**Monday**

 Chicken a la King **3**  
 Over a Biscuit  
 Salad & Deli of the Day  
 Broccoli with Dip  
 Fresh Fruit  
 Assorted Milk

**\*Holiday\*** **10**

 Veggie Fried Rice **17**  
 with Chicken  
 Salad & Deli of the Day  
 3 Bean Salad  
 Fresh Fruit  
 Assorted Milk

 Chili in a Bread Bowl **24**  
 Salad & Deli of the Day  
 Broccoli with Cheese Sauce  
 Fresh Fruit  
 Assorted Milk

 Popcorn Chicken Bowl **31**  
 Salad & Deli of the Day  
 Roasted Zucchini  
 Fresh Fruit  
 Assorted Milk

**Tuesday**

 Meatball Sub **4**  
 Salad & Deli of the Day  
 Glazed Carrots  
 Fresh Fruit  
 Assorted Milk

 Grilled Cheese **11**  
 with Tomato Soup  
 Salad & Deli of the Day  
 Carrot Raisin Salad  
 Fresh Fruit  
 Assorted Milk

 Cheeseburger Quesadilla **18**  
 Salad & Deli of the Day  
 Black Bean & Corn Salad  
 Fresh Fruit  
 Assorted Milk

 Lasagna **25**  
 Salad & Deli of the Day  
 Caesar Salad  
 Fresh Fruit  
 Assorted Milk

**Wednesday**

 Beef & Broccoli **5**  
 With Rice  
 Salad & Deli of the Day  
 Honey Roasted Chicpeas  
 Fresh Fruit  
 Assorted Milk

 Breakfast for Lunch **12**  
 Salad & Deli of the Day  
 Tator Tots  
 Tomato Cucumber Salad  
 Fresh Fruit  
 Assorted Milk

**\*Early Dismissal\*** **19**  
 Sloppy Joe Sandwich  
 Salad & Deli of the Day  
 Carrot Sticks  
 Fresh Fruit  
 Assorted Milk

 Shepard's Pie **26**  
 with Breadstick  
 Salad & Deli of the Day  
 Wax Beans  
 Fresh Fruit  
 Assorted Milk

**Thursday**

 Beans & Hot Dog **6**  
 Bowl with Corn  
 Salad & Deli of the Day  
 Coleslaw  
 Fresh Fruit  
 Assorted Milk

 Chicken Parmesan **13**  
 with Spagehetti  
 Salad & Deli of the Day  
 Spinach Salad  
 Fresh Fruit  
 Assorted Milk

 Chicken Cordon Bleu **20**  
 with Scalloped Potatoes  
 Salad & Deli of the Day  
 Tossed Salad  
 Fresh Fruit  
 Assorted Milk

 Chicken Low Mein **27**  
 with Fortune Cookies  
 Salad & Deli of the Day  
 Stewed Tomatoes with Corn  
 Fresh Fruit  
 Assorted Milk

**Friday**

 Meatlovers Pizza **7**  
 Salad & Deli of the Day  
 Roasted Cauliflower  
 Fresh Fruit  
 Assorted Milk

 Cheeseburger **14**  
 with Fries  
 Salad & Deli of the Day  
 Celery Sticks  
 Fresh Fruit  
 Assorted Milk

 Hawaiian Pizza **21**  
 Salad & Deli of the Day  
 Cucumbers  
 Fresh Fruit  
 Assorted Milk

**\*\*BBQ Rib Sandwich** **28**  
 Salad & Deli of the Day  
 Chickpea Salad  
 Fresh Fruit  
 Assorted Milk


SPSPD is hiring!

Check out schoolspring.com OR

Contact Shawn Perry at: perrysh@spsdme.org



Please contact the nutrition office at 767-3266 ext. 3842 with any questions.

The South Portland School Nutrition Program offers FREE school lunch meals to all enrolled participants

Additional entrée daily items to include but not limited to deli &amp; salad options. Please contact your school for specific inquiries.

Fresh fruits &amp; vegetables to include but not limited to apples, oranges, bananas, peaches, pears, red/orange &amp; starchy vegetables, dark leafy greens, legumes, other sub groups