



This institution is an equal opportunity provider.

SEPTEMBER 2021

South Portland School Department Middle School Lunch Menu

Menu subject to change

** indicates may contain pork
All grain products are whole grain

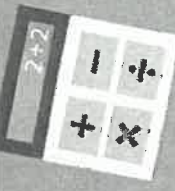
Monday

Tuesday

Wednesday

Thursday

Friday



6
School Closed

13
Chicken Burger
Chili with Corn Muffin
Fresh Fruit & Vegetables
Assorted Milk

7
Taco Tuesday
Chicken Salad Sandwich
Fresh Fruit & Vegetables
Assorted Milk

14
**Hot Dog on a Bun
Beef Nachos
Fresh Fruit & Vegetables
Assorted Milk

1
Turkey Italian Sandwich
Cheeseburger on a Bun
Fresh Fruit & Vegetables
Assorted Milk

8
Chef Salad
Turkey & Cheese Sandwich
Fresh Fruit & Vegetables
Assorted Milk

15
Shepard's Pie with a Dinner Roll
Chef Salad
Fresh Fruit & Vegetables
Assorted Milk

22
EARLY RELEASE DAY
Breaded Fish Sticks
Fresh Fruit & Vegetables
Assorted Milk
COOK'S CHOICE

29
Ravioli Salad
Chop Suey
Fresh Fruit & Vegetables
Assorted Milk

2
Pizza
Chicken Caesar Salad with a dinner roll
Fresh Fruit & Vegetables
Assorted Milk

9
Chicken Caesar Wrap
Grilled Cheese with Tomato Soup
Fresh Fruit & Vegetables
Assorted Milk

16
Macaroni & Cheese with a Bread Stick
Tuna Melt Sandwich
Fresh Fruit & Vegetables
Assorted Milk

23
Meatball Sub
Pasta Salad
Fresh Fruit & Vegetables
Assorted Milk

30
Chicken a la King with a Biscuit
Ham & Cheese Sandwich
Fresh Fruit & Vegetables
Assorted Milk

3
School Closed

10
Pizza
Tuna Salad Sandwich
Fresh Fruit & Vegetables
Assorted Milk

17
Pizza
Chicken Fajitas
Fresh Fruit & Vegetables
Assorted Milk

24
Pizza
Roast Turkey with stuffing and cranberry
Fresh Fruit & Vegetables
Assorted Milk



SPSD is hiring!

Check out schoolspring.com OR
Contact Shawn Perry at: perrysh@spdsme.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 sunbutter & jelly and sunbutter-fluffernutter sandwiches



PAY FOR MEALS ONLINE
MySchoolBucks.com