

Maine Harvest Lunch Week  
September 16 – 20  
Look for many locally sourced  
vegetables, fruits and meats.

# SEPTEMBER 2019

## Brunswick Junior High School – Lunch Menu

2019-2020 Meal Prices:  
Breakfast - \$2.00 (Reduced – free)  
Lunch - \$3.00 (Reduced – free)  
Milk Only - \$.50

Monday

Tuesday

Wednesday

Thursday 5

Friday

LABOR DAY  
NO SCHOOL

2  
Crispy Chicken Tenders  
WG or Hot Ham & Cheese  
Sandwich WG  
Fresh Maine Cucumbers  
w/ Low Fat Dip  
A la cart: Pizza Quesadilla

3  
Brunch for Lunch  
WG Waffle Sticks w/  
Maple Syrup or Cheese Omelet w/  
WG Blueberry Muffin,  
Sausage Patty  
A la cart: Corn Dog

4  
Cheese Sticks w/  
Marinara Sauce or Turkey &  
Cheese Sandwich WG,  
Mixed Green Salad w/  
Low Fat Dressing  
A la Cart: Pizza Stick

5  
Pizza Rounds WG or  
Crispy Fish Sticks  
w/ WG Dinner Roll,  
Cole Slaw,  
A la cart: Stuffed Crust Pizza

9  
Pretzel w/ Cheese  
Sauce or Tuna Salad  
Sandwich WG,  
Carrot Sticks w/ Lo Fat Dip,  
A la Cart: Chicken Tenders

10  
Top Your Own Tacos  
(Fresh Maine Tomato Salsa, Sour  
Cream, Lettuce, Tomatoes and  
Cheese) or  
Egg Salad Sandwich WG,  
Broccoli Salad,  
A la cart: Pizza Quesadilla

11  
Brunch for Lunch  
WG French Toast Sticks  
w/ Maple Syrup or WG Bagel  
w/ Egg & Cheese and Sausage Pat-  
ty, Fresh Orange Wedge  
A la cart: Corn Dog

12  
Herb Roasted Chicken  
w/ Mashed Potato  
or Hot Ham & Cheese Sandwich  
WG, Cranberry Sauce,  
WG Dinner Roll,  
Apple Crisp  
A la Cart: Pizza Stick

13  
WG Flat Bread Pizza  
or Crispy Fish Nuggets w/  
WG Bread Stick,  
Veggie Sticks w/ Low Fat Dip  
A la cart: Stuffed Crust Pizza

16  
Crispy Chicken Nuggets  
w/ WG Dinner Roll  
or Egg Salad Sandwich WG,  
Local Fresh Organic Carrots  
A la Cart: Chicken Tenders

17  
Locally Grown Beef  
Hamburger or Cheeseburger  
on WG Roll, w/ Lettuce & Maine  
Tomato Topping  
or Turkey & Cheese Sandwich WG,  
A la cart: Pizza Quesadilla

18  
Brunch for Lunch  
Pancakes WG w/  
Maple Syrup or Breakfast  
Sandwich on WG English  
Muffin, Sausage Patty,  
A la cart: Corn Dog

19  
Homemade Mac &  
Cheese WG w/ WG  
Garlic Bread Stick or Chicken  
Salad Sandwich,  
Local Oven Roasted Vegetables  
A la Cart: Pizza Stick

20  
WG Pizza Rounds  
or Fish Taco  
w/ Cucumber Dill Sauce,  
Fresh Maine Cherry Tomato  
and Corn Salad,  
A la cart: Stuffed Crust Pizza

23  
Crispy Chicken Patty on  
WG w/ Lettuce & Fresh  
Maine Tomato or  
Hot Dog on WG Bun  
Oven Fries  
A la Cart: Chicken Tenders

24  
Chicken Fried Rice w/  
Egg Roll or  
Ham Italian WG  
Mixed Green Salad w/  
Low Fat Dressing  
Fresh Maine Apple

25  
Brunch for Lunch  
WG French Toast Sticks w/  
Maple Syrup or Cheese Omelet w/  
WG Muffin, Sausage Links  
A la cart: Corn Dog

26  
Pulled Pork Sandwich WG,  
Or Ham Salad Sandwich WG,  
Oven Fries, Baked Beans,  
Cole Slaw  
A la Cart: Pizza Stick

27  
WG Bosco Stick w/  
Tomato Dipping Sauce  
or Fish Sandwich on WG Bun,  
A la cart: Stuffed Crust Pizza

30  
Baked Beans,  
Hotdog, WG Biscuit,  
Cole Slaw or Turkey & Cheese  
Sandwich on WG Bread  
A la Cart: Chicken Tenders



\*\*\*\* Maine Harvest  
of the Month item is  
Fresh Tomatoes.  
See the back of this  
menu for fun facts  
and recipes.

Daily Offering: Fruit and Food Bar.

Sunbutter and Jelly Sandwich and Other Sandwich Choices. Each Student is Required to have ½ Cup Fruit and / or Vegetable with Their Lunch.

Salad Bar Offerings: Leaf Lettuce, Spinach, Carrots, Cucumbers, Onions, Peppers, Croutons, Specialty Salads, Diced Egg, Diced Ham, Fresh Fruit, Canned Fruit and Assorted Dressings.



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