

October is National Farm to School Month! Watch for local fruit and vegetables.

OCTOBER 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

Friday

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com

1
 Crispy Popcorn Chicken
 w/ WG Dinner Roll or Tuna Salad Sandwich on WG Bread, Rice Pilaf, Steamed Carrots, Fresh Maine Apple
 A la carte - French Bread Pizza

2
 Brunch for Lunch
 WG French Toast Sticks w/ Maple Syrup or Cheese Omelet w/ WG Blueberry Muffin, Sausage Patty
 A la carte: Chicken Caesar Wrap

3
 Homemade Macaroni & Cheese w/ WG Garlic Breadstick or Turkey & Cheese Sandwich on WG Roll, Mixed Maine Greens Salad
 A la carte: Chicken Nuggets

4
 WG Pizza
 Choice of Cheese or Pepperoni or Crispy Fish Nuggets w/ WG Bread Stick, Local Grape Tomatoes w/ Low Fat Dressing
 A la carte: Bosco Sticks w/ Marinara Sauce

7
 Top Your Own Tacos (lettuce, tomato, cheese, salsa and sour cream) or Ham Italian on WG Roll, Mexican Rice, Steamed Maine Carrots
 A la carte: Pork Riblet Sub

8
 American Chop Suey or Turkey & Cheese Sandwich on WG Bread, Maine Carrot Sticks w/ Hummus
 A la carte – French Bread Pizza

9
 Brunch for Lunch
 WG Waffle w/ Maple Syrup or WG Bagel w/ Cream Cheese, Egg Patty, Sausage Links, Warm Maine Apple Topping
 A la carte: Chicken Caesar Wrap

10
 Homemade Chicken Pot Pie w/ WG Dinner Roll or Ham Sandwich on WG Bread, Sweet Potato Tots
 A la carte: Chicken Nuggets

11
 NO SCHOOL
 PROFESSIONAL DEVELOPMENT

14
 NO SCHOOL
 COLUMBUS / INDIGENOUS PEOPLE'S DAY

15
 Hot Dog on WG Roll or Turkey Club on WG Roll, Baked Beans
 A la carte – French Bread Pizza

16
 Brunch for Lunch
 WG Pancakes w/ Maple Syrup or Cheese & Egg Breakfast Sandwich on WG Muffin, Sausage Patty
 A la carte: Chicken Caesar Wrap

17
 Broccoli Chicken Divan or Chicken Salad Sandwich on WG Bread, Garlic Stick WG, Roasted Maine Root Vegetables
 A la carte: Chicken Nuggets

18
 Tony's Smart Pizza, Choice of Cheese or Pepperoni or Baked Haddock, Rice Pilaf, Green Beans
 A la carte: Bosco Sticks w/ Marinara Sauce

21
 WG Bosco Sticks or WG Corn Dog, Baked Beans, Warm Maine Apple Cobbler
 A la carte: Pork Riblet Sub

22
 Chicken Salad Sandwich on WG Bread or Beef Nachos, Fresh Maine Apple Cranberry Salad
 A la carte – French Bread Pizza

23
 Brunch for Lunch
 WG French Toast Sticks w/ Maple Syrup or Cheese Omelet w/ WG Blueberry Muffin, Sausage Links
 A la carte: Chicken Caesar Wrap

24
 Chicken Fried Rice, Egg Roll, Fortune Cookie or Egg Salad Sandwich on WG Bread, Maine Butternut Squash
 A la carte: Chicken Nuggets

25
 Homemade Pizza or Fish Sandwich on WG Roll, Oven Fries
 A la carte: Bosco Sticks w/ Marinara Sauce

28
 Chicken Fajita w/ Mexican Rice or Tuna Salad on WG Roll Steamed Corn
 A la carte: Pork Riblet Sub

29
 Homemade Shepherd's Pie or Deli Turkey Sandwich w/ Fresh Maine Lettuce and Tomato on WG Bread
 A la carte – French Bread Pizza

30
 Brunch for Lunch
 WG Pancakes w/ Maple Syrup or Egg & Cheese Breakfast Sandwich on WG Muffin, Sausage Patty
 A la carte: Chicken Caesar Wrap

31
 School Made Chicken Noodle Soup w/ ½ Ham Sandwich on WG Bread or Egg Salad on WG Bread, Broccoli Florets w/ Low Fat Dip
 Fresh Maine Apple
 A la carte – Chicken Nuggets



Maine Harvest of the Month item is Maine Apples. 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. WG = Whole Grain / Menu Subject to Change

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

The Maine Department of Education and the USDA are equal opportunity providers and employers.

