


DECEMBER 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
Chicken Nuggets WG Dinner Roll or Egg Salad Sandwich Seasoned Carrots A la carte: Pretzel w/ Cheese Sauce 2	Chicken Pot Pie or Ham Salad on WG Roll 3 A la carte: Chicken Nuggets	Early Release – Bag Lunch 4 WG Pizza Pocket or Turkey & Cheese Sandwich WG Carrot Sticks Apple	WG Spaghetti w/ Meat Sauce, WG 5 Breadstick or Chicken Salad Sandwich WG A la carte: Corn Dog	Homemade Pizza 6 or Fish Sandwich WG, Carrot Sticks w/ Low Fat Dip A la carte: WG Pizza Rounds
Crispy Chicken Sandwich WG 9 Or Egg Salad Sandwich Seasoned Carrots A la carte: Pretzel w/ Cheese Sauce	Chicken Enchilada, 10 Mexican Rice or Ham & Cheese Sandwich on WG Roll A la carte: Chicken Nuggets	Brunch for Lunch 11 WG French Toast Sticks w/ Maple Syrup or Cheese Ome- let w/ Blueberry Muffin, Sausage Patty, A la carte: BBQ Riblet Sub	Hot Dogs, 12 Baked Beans, Coleslaw or Turkey & Cheese on WG Roll A la carte: Corn Dog	Pizza Sticks 13 or Crispy Fish Sticks w/ WG Dinner Roll, Carrot Sticks w/ Low Fat Dip A la carte: WG Pizza Rounds
WG Hamburger or Cheeseburger 16 or Turkey & Cheese Sandwich WG, Cole Slaw A la carte: Pretzel w/ Cheese Sauce	Butternut Squash 17 Soup w/ Toasted Cheese Sandwich WG or Ham & Cheese Sandwich WG Celery Sticks w/ Dip A la carte: Chicken Nuggets	Brunch for Lunch 18 WG Pancakes w/ Maple Syrup or Scrambled Eggs w/ Sausage Patty, Blueberry Muffin A la carte: BBQ Riblet Sub	Holiday Dinner 19 Chicken & Gravy, Stuffing, Roasted Squash, Cranberry Sauce or Pizza Quesadilla WG A la carte: Corn Dog	Tony's Smart Pizza 20 WG or Tuna Salad Sandwich WG, Fresh Veggies w/ Low Fat Dip A la carte: WG Pizza Rounds
23 HOLIDAY BREAK NO SCHOOL	24 HOLIDAY BREAK NO SCHOOL	25 HOLIDAY BREAK NO SCHOOL	26 HOLIDAY BREAK NO SCHOOL	27 HOLIDAY BREAK NO SCHOOL
30 HOLIDAY BREAK NO SCHOOL	31 HOLIDAY BREAK NO SCHOOL			

Maine Harvest of the
 Month item is
 Winter Squash.
 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.

