



Maine Harvest of the Month item is Maine Protein. See the back of this menu for fun facts and recipes.

MARCH 2020

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
Pizza Stick or Ham Italian on WG Roll French Fries Steamed Carrots A La Carte Chicken Nuggets 2	WG Pasta w/ Homemade Meat Sauce or Chicken Salad Sandwich WG Pepper Sticks w/ Dip A La Carte: Cheese Sticks w/ Marinara Sauce 3	Cheese Omelet w/ WG Bagel or French Toast Sticks Bisson's Farm Sausage Links, Hash Browns, Fresh Orange A La Carte: Buffalo Chicken Wrap 4	Cheeseburger Soup or Corn Dog WG Roll Fresh Cucumber Spears w/ Low Fat Dip A La Carte: Chicken Tenders 5	Homemade Pepperoni or Cheese Pizza on WG Crust or Fish Tacos Steamed Peas A La Carte: Stuffed Crust Pizza 6
Hamburger or Cheeseburger w/ Lettuce, Tomato and WG Roll, or Pretzel w/ Cheese Sauce Homemade Potato Salad A La Carte Chicken Nuggets 9	Tater-Tot Casserole or Chicken Salad Sandwich on WG Bread, Carrot Sticks w/ Low Fat Dip A La Carte: Cheese Sticks w/ Marinara Sauce 10	WG Pancakes w/ Maple Syrup or Cheese Omelet w/ Blueberry Muffin Sausage Links Mandarin Oranges A La Carte: Buffalo Chicken Wrap 11	Tuna Salad Sandwich or Roasted Turkey w/ Gravy Mashed Potatoes Cranberry Sauce A La Carte: Chicken Tenders 12	NO SCHOOL 13 PROFESSIONAL DEVELOPMENT
Chili w/ WG Crackers or Tuna Salad Sandwich on WG Bread Oven Baked Fries A La Carte Chicken Nuggets 16	Chicken Alfredo or Ham Salad Sandwich WG Steamed Corn WG Roll A La Carte: Cheese Sticks w/ Marinara Sauce 17	EARLY RELEASE WG Pizza Pocket or Turkey & Cheese Sandwich WG Carrot Sticks Fresh Apple 18	Egg Salad Sandwich or Homemade Meatloaf, WG Biscuit Mashed Potato, Green Beans A La Carte: Chicken Tenders 19	Tony's Pepperoni or Cheese Pizza on WG Crust or Baked Haddock w/ Crumb Topping, Rice WG Dinner Roll A La Carte: Stuffed Crust Pizza 20
Bisson's Farm Hamburger or Cheeseburger or Turkey BLT on WG Bread Sweet Potato Tots A La Carte Chicken Nuggets 23	Tomato Soup Grilled Cheese Sandwich or Hot Ham & Cheese Sandwich on WG Bread Cucumber Slices A La Carte: Cheese Sticks w/ Marinara Sauce 24	WG French Toast Sticks w/ Maple Syrup Sausage Links or Egg & Cheese Quiche WG Blueberry Muffin A La Carte: Buffalo Chicken Wrap 25	Chicken Enchilada Casserole or Ham & Cheese Sandwich on WG Bread A La Carte: Chicken Tenders 26	Pizza Stick or Fish Chowder w/ Blueberry Muffin A La Carte: Stuffed Crust Pizza 27
Chicken Patti Sandwich Or Crispy Fish Sticks Oven Fries Coleslaw A La Carte Chicken Nuggets 30	Top Your Own Beef Nachos w/ Mexican Rice or Fresh Pesto w/ Penne Pasta and WG Garlic Stick A La Carte: Cheese Sticks w/ Marinara Sauce 31			

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.

