

MAINE CONSOLIDATED SCHOOL #10

Please read the menu weekly, this will help keep you informed about events and information at Maine school.

If you have any messages for the menu, please send them to the office by Tuesday. This institution is an equal opportunity provider

OCT. 21st thru OCT. 25th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal, Yogurt, Pears, Milk	Choc. Chip Muffin, Hash Brown, Applesauce, Milk	French Toast Sticks, Turkey Sausage, Mixed Fruit, Milk Syrup	Biscuit & Gravy, Hard Boiled Egg, Orange Slices, Milk	
Lunch	Mashed Potatoes, Hamburger Gravy, Corn on the Cob, Dinner Roll, Mixed Fruit, Milk	Bean & Cheese Burrito, Salad, Apple Frudel, Milk, Taco Sauce, Ranch	Ham/Cheese Sandwich, Baby Carrots, Grapes, Sun Chips, Milk, Mustard, Ranch	Sloppy Joes, Fries, Peaches, Milk, Ketchup	
Activities					

The kitchen manager may change the menu as necessary. The menu is an important method of communication with students, faculty and parents. Menus will be issued weekly.

Health and nutrition are alive at Maine School! Every breakfast includes a FRUIT AND MILK and every lunch includes a FRUIT, VEGETABLE AND MILK.

REMINDERS:

Book Fair – Monday, October 21st – Thursday, October 24th (online only Friday, October 25th)

Trunk or Treat - Wednesday, October 30th 4:00pm-5:30pm

***** Don't forget, a healthy breakfast is served at Maine! *****

