





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. 14 thru OCT. 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal, Hard Boiled Egg, Pears, Milk	Banana Muffin, Hash Brown, Peaches, Milk	Egg/Sausage/Cheese, English Muffin, Applesauce, Milk	Biscuit/Gravy, Hard Boiled Egg, Orange Slices, Milk	
Lunch	Chicken Egg Roll, Rice, Salad, Peaches, Milk	Chicken Corn Dog, Mixed Vegetables, Mixed Fruit, Milk	Turkey Sandwich, Baby Carrots, Grapes, Sun Chips, Milk	Cheeseburger, Fries, Strawberries, Milk	
Activities					
<p>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.</p>					

REMINDERS:

Make-up Picture Day & Class Pictures: Monday, October 21st

Book Fair: Monday, October 21st – Thursday, October 24th

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

