

SEPTEMBER 2019

ASHLAND DISTRICT SCHOOL

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

Monday

Tuesday

Wednesday

Thursday 5

Friday

**NO SCHOOL
LABOR DAY**

2

COMBOS

3

CHEESE OR PEPPERONI PIZZA
COLE SLAW
TREAT

YOGO'S

4

CHICKEN NUGGETS
OR FISH STICKS
MASHED POTATO
W/G ROLL

COOK'S CHOICE

5

CHEESEBURGER OR HOT DOG
W/G BUN
FRENCH FRIES

YOGO'S

6

SANDWICH DAY
BOLOGNA- HAM- TURKEY
W/G BUN
PICKLES/ PRETZELS

FRUIT SMOOTHIES / TOAST

9

CHICKEN TERIYAKI DIPPERS
OR HAM BROCCOLI BAKE
DINNER ROLL
FRENCH FRIES

COMBOS

10

WALKING TACO
OR CHICKEN TACO
BLACK BEANS / SALSA

YOGO'S / GRAHAM CRACKERS

11

PASTA / MEATSAUCE
GARLIC KNOT
COLE SLAW

WG DONUT HOLES

12

SANDWICH DAY
HAM-BOLOGNA-TURKEY
CHEESE / WG BUN
CHIPS

YOGO'S / TOAST

13

PIZZA
CHEESE OR PEPPERONI
CAESAR SALAD
ICY JUICY

FRUIT SMOOTHIE / TOAST

16

GRILLED CHICKEN / WG BUN
OR CORN DOG
BAKED FRIES
CHICKPEAS

COMBOS / TOAST

17

FISH PORTION OR
CHEESEBURGER
BROWN RICE
WG COOKIE

YOGO'S / TOAST

18

CHICKEN IN GRAVY
POTATO
WG DINNER ROLL

EGGS / TOAST

19

MEATBALL GRINDER
OR HOT DOG
WG BUN
POTATO PUFFS

**NO SCHOOL
IN - SERVICE -
DAY**

20

FRUIT SMOOTHIE / TOAST

23

CHEESEBURGER OR BBQ
WG BUN
POTATO PUFFS

COMBOS / TOAST

24

WALKING TACO
BEEF OR CHICKEN TACO
BLACK BEANS
SALSA

YOGO'S / G. CRACKER

25

POPCORN CHICKEN
POTATO / GRAVY
WG DINNER ROLL
CORN

COOK'S CHOICE

26

PULLED PORK
OR HAM SANDWICH
WG BUN
BAKED BEANS / COLE SLAW

YOGO'S / TOAST

27

SANDWICH DAY
TURKEY - HAM- BOLOGNA
CHEESE / WG BUN
PICKLES / PRETZELS

YOGURT / TOAST

30

*CLAM ROLL / WG BUN
OR UNCRUSTABLE
FRENCH FRIES

BREAKFAST: STUDENTS \$1.00 REDUCED .00 ADULTS \$1.15 SERVED DAILY: 2 CHOICES OF MILK, CEREAL. FRUIT AND JUICE.

LUNCH: K-5TH \$2.30 6-12TH \$2.55 REDUCED STUDENTS .00 ADULTS \$4.25

***** SALAD BAR WITH FRUITS AND VEGETABLES OFFERED DAILY TO 6-12TH. FRESH VEGETABLES OR HOT VEGETABLES AND CANNED OR FRESH FRUIT OFFERED DAILY TO ALL STUDENTS. PEANUT BUTTER OR WOW BUTTER SANDWICH OFFERED DAILY AS AN ALTERNATE. MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.

*MS & HIGH SCHOOL ONLY.

