

JANUARY 2022

ASHLAND DISTRICT SCHOOL

THE MAINE DEPARTMENT OF EDUCATION AND THE USDA ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS]

Monday	Tuesday	Wednesday	Thursday	Friday
CEREAL 3 A) CHEESEBURGER B) PIZZA BURGER P. WEDGES STEAMED CARROTS	YOGURT 4 A) TACO WRAP B) CHICKEN WRAP BLACK BEANS CORN SOUR CREAM / SALSA W/G WRAP	DONUTS 5 A) LASAGNA B) SWEET & SOUR MEATBALLS ROLL GREEN BEANS	MUFFIN 6 A) CHICKEN NUGGETS B) FISH STICKS POTATO / GRAVY PEAS	CEREAL 7 A) HAM & CHEESE B) TURKEY & CHEESE PICKLES VEGGIE STICKS / RANCH DRESSING W/G BREAD
CEREAL 10 A) TERIYAKI CHICKEN B) BBQ RIB SESAME NOODLES OR PLAIN SPAGHETTI GREEN BEANS FORTUNE COOKIE	POPART 11 A) WALKING TACO B) CHICKEN WRAP BLACK BEANS SOUR CREAM / SALSA CORN	BREAKFAST BAR 12 A) SHEPARD'S PIE B) BBQ HOT DOGS PEAS DINNER ROLL	FRENCH TOAST STICKS 13 A) SLOPPY JOE B) CHICKEN PATTIE BAKED FRIES STEAMED CARROTS	CEREAL 14 EARLY RELEASE A) FRENCH BREAD PIZZA B) PBJ CUCUMBER SLICES FF RANCH DRESSING CHIPS
NO SCHOOL MARTIN LUTHER KING DAY 17	CEREAL 18 A) TACO WRAP B) CHICKEN WRAP CORN BLACK BEANS SOUR CREAM/ SALSA W/G WRAP	DONUT HOLES 19 A) CHICKEN /GRAVY B) HAMBURGER /GRAVY POTATO / CORN DINNER ROLL	GO-GURT 20 A) CORN DOG B) MEATBALL GRINDER BAKED BEANS PEAS W/G BUN	CEREAL 21 A) PIZZA B) PBJ VEGGIE STICKS FF RANCH DRESSING COOKIE
CEREAL 24 A) CHEESEBURGER B) FISH PORTION BAKED S. POTATO FRIES PEAS	BREAKFAST BAR 25 A) CHOP SUEY B) BEEF VEG. STEW BISCUIT GREEN BEANS	CEREAL 26 BREAKFAST FOR LUNCH A) PANCAKE & SAUSAGE B) BREAKFAST SANDWICH EGG/CHEESE/SAUSAGE HASH BROWN ORANGE JUICE	POPART 27 A) BOLOGNA & CHEESE B) PULLED PORK BEETS W/G BUN DESSERT	DONUT HOLES 28 A) BOSCO STICKS / SAUCE B) TURKEY & CHEESE W/G BUN CHIPS VEGGIE STICKS
CEREAL 31 A) CHICKEN NUGGETS B) BBQ RIB POTATO / GRAVY CORN BISCUIT				

MEALS ARE FREE TO ALL ENROLLED STUDENTS UNDER THE USDA SEAMLESS SUMMER OPTION PROGRAM
 1% WHITE AND CHOCOLATE MILK ARE OFFERED DAILY WITH BREAKFAST AND LUNCH. WATER IS ALSO AVAILABLE. FRUITS AND VEGETABLES OFFERED DAILY
 PRE-K -5TH HAVE THE CHOICE OF OPTION A OR PBJ SANDWICH. 6TH - 12TH HAVE THE CHOICE OF OPTION A OR B. PBJ ARE OFFERED DAILY
 DUE TO AVAILABILITY OF PRODUCTS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. SORRY FOR ANY INCONVENIENCE.

