



This institution is an equal opportunity provider.



# SEPTEMBER 2021

## South Portland School Department Elementary School Lunch

Menu subject to change

\*\* indicates may contain pork  
All grain products are whole grain

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



\*School Closed\*

6

Chicken Burger  
Tator Tots  
Fresh Fruit  
Assorted Milk

13

Steak & Cheese Sandwich  
Pickle Slices  
Fresh Fruit  
Assorted Milk

20

Turkey & Cheese Sandwich  
Baby Carrots  
Fresh Fruit  
Assorted Milk

27

Beef Tacos  
Beans & Salsa  
Fresh Fruit  
Assorted Milk

7

\*\*Hot Dog on a Bun  
Baked Beans  
Fresh Fruit  
Assorted Milk

14

Cheese Burger  
Bean Salad  
Fresh Fruit  
Assorted Milk

21

Crispy Chicken Salad  
Sliced Green Bell Pepper  
Fresh Fruit  
Assorted Milk

28

Turkey Italian Sandwich  
Baby Carrots  
Fresh Fruit  
Assorted Milk

1

Chef Salad  
Red Pepper Slices  
Fresh Fruit  
Assorted Milk

8

Tuna Salad Sandwich  
Iceberg Lettuce Salad  
Fresh Fruit  
Assorted Milk

15

\*EARLY RELEASE DAY\*  
Breaded Fish Sticks  
French Fries  
Fresh Fruit  
Assorted Milk

22

Beef Nachos  
Refried Beans  
Fresh Fruit  
Assorted Milk

29

Pizza  
Bean Salad  
Fresh Fruit  
Assorted Milk

2

Chicken Caesar Wrap  
Romaine with Cucumber Slices  
Fresh Fruit  
Assorted Milk

9

Macaroni & Cheese  
Broccoli Salad  
Fresh Fruit  
Assorted Milk

16

Meatball Sub  
Spinach Salad  
Fresh Fruit  
Assorted Milk

23

\*\*Ham & Cheese Sandwich  
Mixed Green Salad  
Fresh Fruit  
Assorted Milk

30

\*School Closed\*

3

Pizza  
Steamed Corn  
Fresh Fruit  
Assorted Milk

10

Pizza  
Carrots  
Fresh Fruit  
Assorted Milk

17

Pizza  
Cherry Tomatoes  
Fresh Fruit  
Assorted Milk

24

SPSD is hiring!

Check out [schoolspring.com](http://schoolspring.com) OR

Contact Shawn Perry at: [perrysh@spsdme.org](mailto:perrysh@spsdme.org)

Please contact the nutrition office at 767-3266 ext. 3842 with any questions.

The South Portland School Nutrition Program offers FREE school lunch meals to all enrolled participants

Additional entrée daily items to include but not limited to sunbutter & jelly and sunbutter-fluffernutter sandwiches

Fresh fruits & vegetables to include but not limited to apples, oranges, bananas, peaches, pears, red/orange & starchy vegetables, dark leafy greens, legumes, other sub groups

Assorted milk includes a variety of 1%, nonfat milk, flavored milk.

