



This institution is an equal opportunity provider.



SEPTEMBER 2021

South Portland School Department Middle School Lunch Menu

Menu subject to change

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

Monday

Tuesday

Wednesday

Thursday

Friday



6
School Closed

7
Taco Tuesday
Chicken Salad Sandwich
Fresh Fruit & Vegetables
Assorted Milk

8
Chef Salad
Turkey & Cheese Sandwich
Fresh Fruit & Vegetables
Assorted Milk

9
Chicken Caesar Wrap
Grilled Cheese with
Tomato Soup
Fresh Fruit & Vegetables
Assorted Milk

10
Pizza
Tuna Salad Sandwich
Fresh Fruit & Vegetables
Assorted Milk

13
Chicken Burger
Chili with Corn Muffin
Fresh Fruit & Vegetables
Assorted Milk

14
**Hot Dog on a Bun
Beef Nachos
Fresh Fruit & Vegetables
Assorted Milk

15
Shepard's Pie with
a Dinner Roll
Chef Salad
Fresh Fruit & Vegetables
Assorted Milk

16
Macaroni & Cheese
with a Bread Stick
Tuna Melt Sandwich
Fresh Fruit & Vegetables
Assorted Milk

17
Pizza
Chicken Fajitas
Fresh Fruit & Vegetables
Assorted Milk

20
**Sweet & Sour Pork
over rice with peppers
Egg Salad Sandwich
Fresh Fruit & Vegetables
Assorted Milk

21
Pizza Burger
Chef Salad
Fresh Fruit & Vegetables
Assorted Milk

22
EARLY RELEASE DAY
Breaded Fish Sticks
Fresh Fruit & Vegetables
Assorted Milk

23
Meatball Sub
Pasta Salad
Fresh Fruit & Vegetables
Assorted Milk

24
Pizza
Roast Turkey with stuffing
and cranberry
Fresh Fruit & Vegetables
Assorted Milk

27
**BBQ Pulled Pork
on a Bun
Turkey & Cheese on a Bagel
Fresh Fruit & Vegetables
Assorted Milk

28
Steak & Cheese Sandwich
Crispy Chicken Salad
Fresh Fruit & Vegetables
Assorted Milk

29
Ravioli Salad
Chop Suey
Fresh Fruit & Vegetables
Assorted Milk

30
Chicken a la King
with a Biscuit
Ham & Cheese Sandwich
Fresh Fruit & Vegetables
Assorted Milk

SPSD is hiring!

Check out schoolspring.com OR
Contact Shawn Perry at: 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, or flavored milk.

