

**ALL MEALS ARE
FREE
FOR ALL STUDENTS**
(Milk only is \$0.50)

All meals served with
a choice of skim or 1%
Maine Milk

Alternate
Sunbutter & Jelly Bundle (V)
is available daily at
all schools

**PORTLAND PUBLIC SCHOOLS
CASCO BAY HIGH LUNCH MENU
DECEMBER 2022**



Monday	Tuesday	Wednesday	Thursday	Friday
NEW to the Menu: Entrée menu choices indicate (V) for vegetarian and (VE) for vegan.			1 Cheese Pizza (V) All Beef Hot Dog Rice & Bean Bowl (VE) Cucumber Slices Ripe Red Tomatoes Vegetarian Baked Beans Maine Apple	2 Cheese Pizza (V) Philly Cheese Steak Chili Mac (VE) Corn Spinach Salad w/ Strawberries Assorted Fruit
5 Cheese Pizza (V) Hamburger Veggie Burger (VE) Lettuce and Tomato Maine Apple	6 Cheese Pizza (V) Chicken Nuggets & Waffle Sticks w/syrup Veggie Burger (VE) Winter Squash Broccoli Fresh Grapes	7 Cheese Pizza (V) Orange Chicken w/ Rice Rice & Bean Bowl (VE) Red Bell Pepper Slices Sugar Snap Pea Fresh Kiwi	8 Cheese Pizza (V) Super Chicken Burrito Rice & Bean Bowl (VE) Corn Black Bean Salsa Chunky Salsa Tropical Mango	9 Cheese Pizza (V) Hummus & Pretzels (VE) Caesar Salad Assorted Fruit Fresh Maine Milk
12 Cheese Pizza (V) Grilled Cheese & Goldfish Crackers Hummus & Pretzels (VE) Baby Carrots Pineapple Turkey Bagged Lunch	13 Cheese Pizza (V) All Beef Hot Dog Chili Mac (VE) Vegetarian Baked Beans Green Beans Peaches	14 Cheese Pizza (V) Beef Tacos Chili Mac (VE) White Bean Salad Lettuce and Tomato Fresh Kiwi Chunky Salsa	15 Cheese Pizza (V) Chicken & Spinach Stew w/ Dinner Roll Veggie Burger (VE) Winter Squash Celery Sticks Fresh Grapes	16 Cheese Pizza (V) Spicy Chicken & Cheddar Hummus, Celery Sticks & Pita (VE) Assorted Fruit Turkey Bagged Lunch
19 Cheese Pizza (V) Chicken Patty Sandwich Veggie Burger (VE) Baby Carrots Sliced Pears Turkey Bagged Lunch	20 Cheese Pizza (V) Meatball Sub Falafel Sub (VE) Green Peas Red Ripe Tomatoes Oranges	21 Cheese Pizza (V) Chicken Tenders & Vegetable Egg Roll Chili Mac (VE) Green Beans Peaches	22 Cheese Pizza (V) Jalapeno Beef Nacho Burger Hummus & Pretzels (VE) Caesar Salad Assorted Fruit Curry Roasted Chickpeas	23 NO SCHOOL

No School Dec. 23 – Jan 2
Menus subject to change without notice.
This institution is an equal opportunity provider.