

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

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

Fruit & Veggie Bar
is available daily at
Deering & Portland High

**PORTLAND PUBLIC SCHOOLS
DEERING & PORTLAND HIGH
LUNCH MENU
DECEMBER 2022**



**Harvest of the
Month:
Winter Squash**

Monday	Tuesday	Wednesday	Thursday	Friday
NEW to the Menu: Entrée menu choices indicate (V) for vegetarian and (VE) for vegan.			1 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Grilled Cheese & Tomato Soup (V) Ziti, Meatballs & Mozz Sticks Red Ripe Tomatoes Caesar Salad	2 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Chicken & Cheese Quesadilla Chili & Cheese Nachos Potato Wedges Romaine Salad
5 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Beef Burrito Chicken Nuggets Black Bean Salsa Baby Carrots	6 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Eggplant Parm Sandwich (V) Teriyaki Chicken & Rice Green Beans Cucumber Slices	7 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Chicken Drumstick & Biscuit Chili & Cheese Nachos Cheese Pizza (V) Spinach Salad w/ Strawberries Corn	8 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Pasta & Meatballs Philly Cheese Steak Cheese Pizza (V) Red Ripe Tomatoes Caesar Salad	9 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Fish Sandwich All Beef Hot Dog Romaine Salad Potato Wedges
12 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Chicken Drumstick & Biscuit Chicken & Waffles 3 Bean Salad Baby Carrots	13 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) American Chop Suey Buffalo Chicken Wrap Winter Squash Cucumber Slices	14 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Chicken Parm Sandwich Ziti, Meatballs & Mozz Sticks Corn Spinach Salad w/ Strawberries	15 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) All Beef Hot Dog Chicken Tenders & Vegetable Egg Roll Corn Spinach Salad w/ Strawberries	16 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Shepherd's Pie Mozzarella Sticks w/ Marinara (V) Potato Wedges Romaine Salad
19 Chicken Patty Sandwich Hamburger Veggie Burger (VE) Cheese Pizza (V) Meatball Sub Mac n' Cheese (V) Baby Carrots White Bean Salad	20 Hamburger Veggie Burger (VE) Chicken Patty Sandwich Cheese Pizza (V) Orange Chicken Philly Cheese Steak Winter Squash Cucumber Slices Tossed Salad	21 Hamburger Veggie Burger (VE) Chicken Patty Sandwich Cheese Pizza (V) Mashed Potato Bowl Mozzarella Sticks w/ Marinara (V) Corn Spinach Salad w/ Strawberries	22 Hamburger Veggie Burger (VE) Chicken Patty Sandwich Cheese Pizza (V) Grilled Cheese & Tomato Soup (V) Ziti, Meatballs, Mozz Sticks Tossed Salad Caesar Salad Red Ripe Tomatoes	23 NO SCHOOL

No School Dec. 23 – Jan 2

Menus subject to change without notice.

This institution is an equal opportunity provider.