

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

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

Salad Bar
is available daily at
all middle schools

**PORTLAND PUBLIC SCHOOLS
MIDDLE SCHOOLS
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.			1 Cheese Pizza (V) Grilled Cheese (V) & Goldfish Crackers American Chop Suey White Bean Salad	2 Cheese Pizza (V) Turkey Italian Mozzarella Sticks w/ Marinara (V) Celery Sticks
5 Cheese Pizza (V) Mac n' Cheese (V) Chicken Patty Sandwich Black Bean Salsa	6 Cheese Pizza (V) Hamburger Mashed Potato Bowl Caesar Salad	7 Cheese Pizza (V) Cheese Nachos (V) Chicken Tenders & Vegetable Egg Roll Carrots Sticks Cucumber Slices	8 Cheese Pizza (V) Chicken Nuggets Pasta & Meatballs Corn Broccoli	9 Cheese Pizza (V) Spicy Chicken Sand Fish Sandwich Maine Coleslaw
12 Cheese Pizza (V) Chicken Drumsticks & Mashed Potatoes Hamburger White Bean Salad	13 Cheese Pizza (V) All Beef Hot Dog Buffalo Chicken Wrap Corn Red Ripe Tomatoes	14 Cheese Pizza (V) Teriyaki Chicken w/ Rice Chicken Patty Sandwich Romaine Salad Winter Squash	15 Cheese Pizza (V) Grilled Cheese (V) & Goldfish Crackers American Chop Suey Green Beans	16 Cheese Pizza (V) Turkey Italian Mozzarella Sticks w/ Marinara (V) Celery Sticks Baby Carrots
19 Cheese Pizza (V) Mac n' Cheese (V) Chicken Patty Sandwich Black Bean Salsa Celery Sticks	20 Cheese Pizza (V) Hamburger Mashed Potato Bowl Caesar Salad Winter Squash	21 Cheese Pizza (V) Cheese Nachos (V) Chicken Tenders & Vegetable Egg Roll Carrots Sticks Cucumber Slices	22 Cheese Pizza (V) Pasta & Meatballs Chicken & Waffles Cucumber Slices Carrots Sticks	23 NO SCHOOL

No School Dec. 23 – Jan 2

Menus subject to change without notice.

This institution is an equal opportunity provider.