

**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  
ELEMENTARY LUNCH MENU  
DECEMBER 2022**

**Harvest of the Month:  
Winter Squash**



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

**No School Dec. 23 – Jan 2**

Menus subject to change without notice.

This institution is an equal opportunity provider.