

August / September 2024

Menu Subject to Creativity



Middle School Lunch Menu

The Falmouth School Nutrition Program

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pricing All Students Free Staff & Visitors \$2.50 Milk Only .50¢		28 - August	29 - August	30 - August
		Popcorn Shrimp Sweet Potato Fries Crunchy Cole Slaw Farmers Market Salad Bar Fresh Fruit & Milk	Pazzo Bread w/ Dipping Sauce (V) Roasted Chickpeas Farmers Market Salad Bar Fresh Fruit & Milk	No School
2	3	4	5	
	Fresh Panko Breaded Chicken Tenders Wild Rice / Broccoli Farmers Market Salad Bar Fresh Fruit & Milk	Creamy Chicken Alfredo Whole Wheat Roll Carrots & Peas Farmers Market Salad Bar Fresh Fruit & Milk	Bosco Sticks w/ Dipping Sauce (V) Chickpea Salad Farmers Market Salad Bar Fresh Fruit & Milk	Super Beefy Nachos (V)(GF) Refried Beans Fresh Salsa / Toppings Farmers Market Salad Bar Fresh Fruit & Milk
9	10	11	12	13
Lasagna Rollups in Tomato Sauce (V) Garlic Bread Farmers Market Salad Bar Fresh Fruit & Milk	Turkey BLT on a Croissant Royal Brownies Farmers Market Salad Bar Fresh Fruit & Milk	Fish Filet Sandwich Crunchy Cole Slaw Baked Potato Wedges Farmers Market Salad Bar Fresh Fruit & Milk	Tangerine Chicken Savory Brown Rice Seasoned Green Beans Farmers Market Salad Bar Fresh Fruit & Milk	Fresh Beef Chili in a Cornbread Bowl Farmers Market Salad Bar Fresh Fruit & Milk
16	17	18	19	20
Fresh Macaroni & Cheese (V) Three Bean Salad Farmers Market Salad Bar Fresh Fruit & Milk	Spinach & Basil Pesto Pasta w/ Chicken Whole Wheat Roll Farmers Market Salad Bar Fresh Fruit & Milk	EARLY RELEASE BAGGED LUNCH DAY Turkey or Cheese Ital. Sandwich Baked Chips, Fruit, Vegetables & Milk	Pizza w/ Asst. Toppings on Whole Wheat Dough Tomato & Corn Salad Farmers Market Salad Bar Fresh Fruit & Milk	<u>Maine Harvest Lunch</u> Maine Beef Hamburger, Cheeseburger or Veggieburger Fresh Maine Corn on the Cob
23	24	25	26	27
Toasted Cheese Sandwich (V) Fresh Tomato Soup w/ School Grown Tomatoes Farmers Market Salad Bar Fresh Fruit & Milk	Pancakes (V) w/ Strawberry Sauce Hash Brown / Chicken Sausage Farmers Market Salad Bar Fresh Fruit & Milk	Whole Wheat Rotini & Meat Sauce Garlic Bread Farmers Market Salad Bar Fresh Fruit & Milk	Oven Grilled Hot Dogs or Veggie Dogs on a WW Roll Baked Beans / Cole Slaw Farmers Market Salad Bar Fresh Fruit & Milk	Chicken Parmesan & Pasta Farmers Market Salad Bar Fresh Fruit & Milk
30	September's Harvest of the Month Program is: TOMATOES	All items highlighted in red are made with: MAINE TOMATOES		
Pazzo Bread w/ Dipping Sauce (V) Roasted Chickpeas Farmers Market Salad Bar Fresh Fruit & Milk				

This institution is an equal opportunity provider.

Kitchen Manager - John Sayles (john.sales@falmouthschools.org)