

October 2024 Lunch Menus for Bowdoin Central School, Bowdoinham Community School, and Harpswell Community School

Lunch harvest item of the month is Maine Apples. All menus are subject to change without notice. Meals are free to all students for the 2024/2025 school year. Daily options of Sun butter and Jelly sandwiches, or Turkey and Cheese sandwiches are always available. National School Lunch Week (Pirate Week) runs from Monday October 21, 2024 through Friday October 25, 2024.

Tuesday October 1, 2024

- Evelyn's Award Winning Chicken Noodle Soup
- Dinner Roll
- Mixed Fruit
- Salad Bar
- Milk

Wednesday October 2, 2024

- Chicken Alfredo
- Side Salad
- Garlic Bread
- Fruit
- Milk

Thursday October 3, 2024

- Baked Chicken Drumsticks
- Mashed Potatoes
- Green Beans
- Garlic Knots
- Cranberry Sauce
- Salad Bar
- Milk

Friday October 4, 2024

- National Taco Day! 2 Hardshell Beef Tacos with Salsa, Cheese, Sour Cream, Beans and Corn Salad
- Fruit
- Salad bar
- Milk

Monday October 7, 2024

- Meatless Monday! 3 Cheese Baked Spaghetti
- Salad Cups
- Dinner Roll
- Fruit
- Milk

Tuesday October 8, 2024

- Chicken and Waffles
- Corn
- Fruit
- Salad Bar
- Milk

Wednesday October 9, 2024

- Pizza – Choose from Sausage or Cheese
- Veggie Sticks
- Oranges or Apples
- Roasted Chickpeas
- Milk

Thursday October 10, 2024

- Hotdogs with Buns
- Baked Beans
- Caesar Pasta Salad
- Fruit
- Salad Bar
- Milk

Friday October 11, 2024

Staff Development Day. No school.

Monday October 14, 2024

Indigenous People's Day Holiday. No school.

Tuesday October 15, 2024

- National School Lunch Week – Pirate Week! Peglegs (Corn Dogs)
- Shark Bait (Goldfish)
- Fruit
- Salad Bar
- Milk

Wednesday October 16, 2024

- Pirate Subs – Turkey & Cheese Italians
- Gold Nuggets (Tater Tots)
- Fruit
- Salad Bar with Peppers, Lettuce, Pickles, Olives
- Milk

Thursday October 17, 2024

- National Pasta Day! Baked Ziti with Homemade Jumbo Meatballs
- Dinner Rolls
- Broccoli
- Fruit
- Milk

Friday October 18, 2024

- Fish & Chips
- Fish Sandwiches and Fun Chips
- 3 Bean Salad
- Jello with Fish Gummies
- Salad Bar
- Milk

Monday October 21, 2024

- Meatless Monday! Tomato Soup with Sourdough Grilled Cheese
- Fruit
- Salad Bar
- Milk

Tuesday October 22, 2024

- Deconstructed Chicken Pot Pie over egg noodles
- Mixed Veggies
- Fruit
- Milk

Wednesday October 23, 2024

- Cheese or Hamburgers
- Pickle Spears
- Potato Wedges Fruit
- Salad Bar
- Milk

Thursday October 24, 2024

- Homemade Meatloaf
- Side of Mac & Cheese
- Steamed Broccoli
- Fruit
- Salad Bar
- Milk

Friday October 25, 2024

- English Muffin Pizza
- Tater Tots
- Fresh Veggies and Dip
- Cinnamon Roasted Chickpeas
- Salad Bar
- Milk

Monday October 28, 2024

- Meatless Monday! Pancakes with Harvest of the Month Maine Apple Cinnamon Topping
- Hashbrowns
- Sausage
- Salad Bar
- Milk

Tuesday October 29, 2024

- Chicken Fries
- Sweet Potato Fries
- Mango Chunks
- Salad Bar
- Milk

Wednesday October 30, 2024

- Salisbury Steak
- Mashed Potato
- Green Beans
- Dinner Roll
- Salad Bar
- Milk

Thursday October 31, 2024

- Pizza Munchable: Pizza flatbreads, cheese & marinara
- Orange Jello Applesauce
- Salad Bar
- Milk