MAINE CENTRAL INSTITUTE

Nov 8st through Nov 14th

Maine Central Institute dining services are proudly managed by CulinArt Group
Breakfast: Monday through Friday 7:00AM to 7:35AM
Lunch: Monday through Friday 10:40AM to 1:00pm
Dinner: Monday through Friday 5:00 PM to 6:30 PM
Brunch: Sunday through Saturday 10:00AM to 11:00AM
Dinner: Sunday through Saturday 5:00PM to 6:00PM
Phone: (207) 487 4455| Email: dining@mci-school.org

MAKE THE CHOICE THAT'S RIGHT FOR YOU. EW EAT WELL LS LOCALLY SOURCED V VEGETARIAN VG VEGAN P+ PLANT-CENTRIC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAKIN' UP	Sticky Rice VG Scrambled Eggs V, Pork Sausage Links, Meatless Sausage Patty VG						
WAKIN' UP SPECIAL	Pancake Bar VG	Ham and Cheddar Scrambled Eggs	French Toast Sticks V	Egg and Cheese Breakfast Sandwich V	Chocolate Chip Pancakes V	French Toast V	Sausage Gravy and Biscuits
LUNCH	**Always Available:** Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges 1% Milk, 1% Milk Chocolate Milk						
KETTLE SOUP		Italian Wedding Soup	Creamy Tomato Soup V		**Native American Heritage Month** Three Sisters Soup V	Chef's Choice Soup of the Day	
CHEF'S TABLE		Hot Dogs Veggie Burgers V	Swedish Meatballs Swedish Veggie Meatballs V	**No School**	Baked Ham Mac N' Cheese V	Spicy Beef Nachos Cheese Nachos	
SIDES		Onion Rings V Steamed Broccoli EW VG Roasted Vegetable Medley EW VG	Egg Noodles V Roasted Butternut Squash EW VG Sauteed Mushrooms EW VG	Brunch and Dinner 10am-11am 5pm-6pm	Steamed Carrots EW VG Sauteed Greens EW VG	Spanish Rice EW VG Steamed Corn EW VG Roasted EW VG	
Deli		Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives		Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	
CITY GRILL		Buffalo Chicken Wings	**National Vanilla Cup Cake Day** V Fish Fillet		Stuffed Crust Pizza V	Corn Dogs	
DINNER	**Always Available:** Fresh Salad Bar and Deli BarFresh Apples, Bananas, Pears, and Oranges 1% Milk and Fat Free Chocolate Milk						
Deli	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives
CHEF'S TABLE	BBQ Chicken Potatoes Au Gratin V	Chicken, Sausage, and Shrimp Gumbo Vegetable Gumbo V	Beef Lasagna Roll Ups Cheesy Lasagna Roll Ups V	Sweet Chili Chicken and Vegetable Stir Fry Sweet Chili Tofu and Vegetable Stir Fry VG	**Taco Bar** Crispy Buffalo Cauliflower, Spicy Beef, Chipotle Chicken, Cilantro Lime Fish, Lettuce, Tomato, Citrus Slaw, Shredded Cheese, Sour Scream, and Salsa	Tuna Noodle Casserole Baked Ziti V	Chicken Pot Pie with Stuffing Topping Veggie Pot Pie with Stuffing Topping V
SIDES	Rice Pilaf EW VG Pasta EW VG Marinara EW VG Steamed Broccoli EW VG	Steamed Rice EW VG Pasta EW VG Marinara EW VG Roasted Brussels Sprouts EW VG	Pasta EW VG Marinara EW VG White Rice EW VG Steamed Green Beans EW VG	Rice EW VG Marinara EW VG Steamed Corn EW VG Pasta EW VG	Marinara EW VG Pasta EW VG Roasted Broccoli EW VG Spanish Rice EW VG	Pasta EW VG Marinara EW VG Sticky Rice EW VG Steamed Corn EW VG	Pasta EW VG Marinara EW VG White Rice EW VG Sauteed Kale EW VG
CITY GRILL	BBQ Roast Beef and Cheddar Melts French Fries VG	Chicken Tenders French Fries VG	Pepperoni Pizza French Fries VG	Tuna Melts French Fries VG	Cheese Pizza V French Fries VG	Classic Hamburgers French Fries VG	BBQ Chicken and Ranch Pizza French Fries VG

CULINART GROUP
INNOVATIVE DINING SOLUTIONS

Cycle Menu | Week 2
MENU SUBJECT TO CHANGE
*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness

www.hotlunchsummer.com

This School is an Equal Opportunity Provider