



October 2008

M.S.A.D. #5
 Rockland, Owls Head,
 South Thomaston

- Breakfast comes with choice of white milk or juice. Optional to breakfast menu below is Cereal.
- Lunch comes with choice of white or chocolate milk.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagel & Cream Cheese Ham Italian, Fruit & Chips	2 Breakfast Loaf, & Fresh Fruit Meatball Sub, Cole Slaw & Apple Crisp	3 French Toast & Hash Brown Stuffed Crust Pizza, Fresh Veggies w/Dip & Fruit
6 Scrambled Egg & English Muffin Chicken Nuggets French Fries, Fresh Veggies & Squeeze Cup	7 Breakfast Sandwich Turkey Sub, Pretzels & Fresh Fruit	8 Scone Shepards Pie, Dinner Roll, Chocolate Cake w/Frosting & Fruit	9 Breakfast Pizza Home Made Chicken Veggie Soup, Grilled Cheese Sandwich & Fresh Fruit	10 Teacher's Workshop  NO SCHOOL!
13 Columbus Day  NO SCHOOL!	14 Bagel & Cream Cheese Baked Beans, Hot Dog on Roll, Cole Slaw & Mandarin Oranges	15 Breakfast Sandwich Teriyaki Dippers, Rice, Veggies & Sherbet	16 Yogurt & Muffin Nachos w/ Cheese Sauce, Veggies & Apple Sauce	17 French Toast & Hash Brown Cheese Sticks w/ Dipping Sauce, Carrots w/Dip & Fruit
20 Cereal Bar & Fruit Cheeseburger on Roll, French Fries, Cole Slaw & Fruit	21 Waffles & Hash Brown Breakfast for Lunch - Cinnamon French Toast, Hash Brown, Sausage Patty & Strawberries	22 Bagel Breakfast Pizza Spaghetti w/ Meatballs, Tossed Salad, Breadsticks & Fruit Jell-O	23 Breakfast Sandwich Hot Ham & Cheese Croissants, Carrots & Fruit	24 Bagel & Cream Cheese French Bread Pepperoni Pizza, Celery Sticks w/ Dip & Sherbet
27 Bagel & Cream Cheese Chicken Burger on Roll, French Fries, Fresh Veggies & Apple	28 Yogurt & Muffin Macaroni & Cheese, Ham Slices, Carrots, Pudding, & Fruit	29 Cinnamon Roll Lasagna Roll Ups, Pasta Salad, Hoodsie Cup & Fruit	30 Bagel Pizza Eastside Foot Long Hot Dog, Chips, Fresh Veggies w/Dip & Apple Sauce	31 Pancakes & Sausage Patty  Stuffed Pepperoni Sandwich Pizza, Veggies & Orange Sherbet

The Menu subject to change according to availability of foods.