



September 2020

High School Grab & Go Meals Menu Available to In School Learners

All meals are FREE to students

** High School Remote Learners Please See Remote Menu for Breakfast & Lunch Menu*

	Monday September 14	Tuesday September 15	Wednesday September 16	Thursday September 17	Friday September 18
	A	B	All Remote	A	B
Breakfast	Yogurt Parfait Banana White Milk Or Breakfast Bar Banana White Milk	Yogurt Parfait Banana White Milk Or Breakfast Bar Banana White Milk	Trix Cereal Bowl Petite Banana 100% Fruit Juice White Milk	Cereal Bowl Apple White Milk Or Pancakes Apple White Milk	Cereal Bowl Apple White Milk Or Pancakes Apple White Milk
Lunch Sunbutter Bundle available daily	Chef Salad Grapes Heartzel Pretzels Chocolate Milk Or Chicken Caprese Baby Carrots Grapes Chocolate Milk	Chef Salad Grapes Heartzel Pretzels Chocolate Milk Or Chicken Caprese Baby Carrots Grapes Chocolate Milk	Grilled Chicken & Caesar Salad Dinner Roll Fresh Cantaloupe Chocolate Milk	Buffalo Chicken Wrap Bean Salad Fresh Cantaloupe Chocolate Milk Or Taco Salad w/ Chips Fresh Broccoli Fresh Cantaloupe Chocolate Milk	Buffalo Chicken Wrap Bean Salad Fresh Cantaloupe Chocolate Milk Or Taco Salad w/ Chips Fresh Broccoli Fresh Cantaloupe Chocolate Milk

All meals are subject to change without notice

This institution is an equal opportunity provider

** Starting 9/14/20: Meals are available to remote learners at the Distribution Sites from 1pm – 2pm daily
Deering High, Portland High, Casco Bay High, and Talbot/Riverton Elementary*