

CALAIS LUNCH MENU

Mar-17

**BAG LUNCHES ARE AVAILABLE
ON ER DAYS. SIGN UP THE DAY BEFORE**

ALL BREAD AND PASTA PRODUCTS WILL BE WHOLE GRAIN OR WHOLE WHEAT
FRESH FRUIT OFFERED DAILEY ON THE SALAD BAR
FAT FREE MILK OFFERED WITH EVERY MEAL

MENU MAY CHANGE WITHOUT NOTICE
PBJ SANDWICH OFFERED AS AN ALTERNATIVE FOR THE ENTRÉE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
		Cheese lasagna <i>Pizza</i> ww roll Salad bar <i>Jello</i> <i>Juice</i>	¹ Popcorn chicken Rice pilaf Salad bar	² Early release ³
Chicken Burgers BBQ pulled pork sandwich French fries Salad bar	⁶ Cheese burger tater tots Salad bar	⁷ Rotini and meatballs ww roll Salad bar	⁸ Hot chicken roll Mashed potatoes Salad bar	⁹ Grilled cheese Tomato soup Salad bar
¹³ Chicken nuggets Mashed potato Salad bar	¹⁴ Spaghetti with meatsauce Pudding cup Salad bar	¹⁵ Teriyaki chicken Rice pilaf salad bar	¹⁶ Shephards pie ww roll Salad bar	¹⁷ Chicken burger French fries Salad bar
²⁰ Mac and cheese Hot dog with bun Salad bar	²¹ Ham italians Tomato soup Salad bar	²² Fish sticks French fries salad bar	²³ Pizza Jello salad bar	²⁴ Meatball sub hash brown salad bar
Cheese ravioli ww roll Salad bar	²⁷ <i>Spaghetti w/ meat sauce</i> Cheese burger Spicy Fries Salad bar	²⁸ Chicken fajitas Spanish rice Salad bar	²⁹ Hot dog w/ roll PBJ sandwich Tater tots Salad bar	³⁰ Chicken burger French fries salad bar

USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PRODUCER

ELEMENTARY SCHOOL USES SUN BUTTER MADE WITH SOY IN PLACE OF REAL PEANUT BUTTER