

ENFIELD STATION SCHOOL

DECEMBER 2018

Monthly Average of Nutrients: Calories 663, Sodium 991 mg, Total Fat 27.9% & Sat Fat 8.3%. Essential grains & breadings are 51% or more whole grain. Skim, 1% white, FF-choc, & strawberry milk flavors. Sandwich choices offered daily. Menus are subject to change w/o notice.

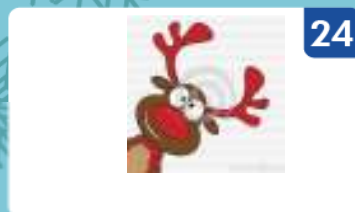


Monday

Chicken Wraps w/ Cheese & Ranch **3**
 Chicken Soup / Crackers
 Garden Salad / Chickpea Salad
 Crisp Apples
Bkfst: Sausage Breakfast Pizza

Hot dog & Bun **10**
 Baked beans
 Cole Slaw / Fresh Onion
 Pretzel Twists
 Fruit Cocktail
Bkfst: Sausage Breakfast Pizza

Tacos & Fixin's **17**
 Rice Pilaf
 Corn/Salsa/Black Beans
 Lettuce/Tomatoes/Peppers
 Peaches
Bkfst: Sausage Breakfast Pizza



HAPPY NEW YEAR! **31**

Tuesday

Shepherd's Pie **4**
 Warm Roll
 Beets
 Peaches
Bkfst: Cinnamon Bun

Cheeseburgers **11**
 Tater tots
 Garden Greens Salad
 Cucumber Wedges
 Pears
Bkfst: Banana Bread

Pancakes & Sausage **18**
 Maple Syrup
 Hash-brown Patty
 Carrot Sticks
 Warm Cinnamon Applesauce
Bkfst: Breakfast Sandwich



Wednesday

BBQ Pork Sandwich **5**
 Potato Wedges
 Baked Squash
 Fruit Cocktail
Bkfst: French Toast Sticks

Roast Turkey/Stuffing/Roll **12**
 M. Potato & Gravy
 Baked Squash / Peas
 Cranberry Sauce / Apples
 Pumpkin Dessert
Bkfst: Waffle Sticks

Spaghetti & Meat Sauce **19**
 Seasoned Green beans
 Broccoli
 Bananas
Bkfst: Pancakes

Enjoy your holiday break! **26**

Thursday

Fish Nuggets **6**
 Rice Pilaf / Spinach
 Seasoned Carrots
 Pears / Cookie
Bkfst: Yogurt & Crackers

Creamy Mac' & Cheese **13**
 Seasoned Carrots
 Buttered Green Beans
 Crisp Grapes
Bkfst: Yogurt & Crackers

Calzones **20**
 Dipping Sauce
 Rainbow Pepper Strips
 Carrot Sticks & dip
 Pears
Bkfst: Yogurt & Crackers



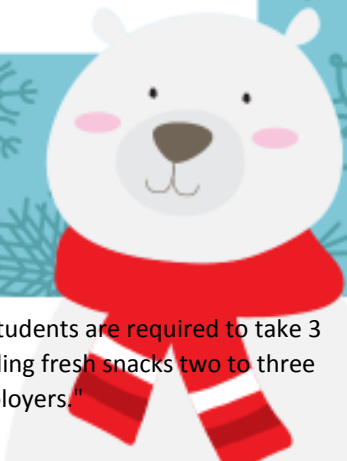
Friday

Fresh Cheese & Pepperoni Pizza **7**
 Broccoli & Cheese Sauce
 Carrot sticks
 Orange/Pineapple Mix
Bkfst: P/B Uncrustable

Fresh Pizza **14**
 Broccoli Salad
 Cucumber Slices
 Carrot Sticks & Dip
 Oranges
Bkfst: Combo Bar

Chicken Patty & Bun **21**
 Oven Fries
 Crisp Lettuce & tomatoes
 Cauliflower
 Fruit Cocktail
Bkfst: P/B Uncrustable

Have Snow Much Fun! **28**



Enfield Station School offers the Community Eligibility Provision program which allows us to provide free breakfast and lunch to all enrolled students. Students are required to take 3 of the 5 food groups/components offered, one must be a fruit or vegetable. ESS was also awarded the Fresh Fruit & Vegetable Grant and will be providing fresh snacks two to three days per week at morning break. "The Maine Department of Education and the USDA are equal opportunity providers and employers."