

# ENFIELD STATION SCHOOL

Monthly Average of Nutrients: Calories 665, Sodium 1078 mg, Total Fat 26.2% & Sat Fat 6.9%. 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

Tuesday

Wednesday

Thursday

Friday



"Sugar Out Day!" 1

Chicken Nuggets  
Warm Roll  
M.Potato & Gravy / Corn  
Banana  
Bkfst: Egg & Ham Combo Bar

Breakfast Sandwich w/  
Egg & cheese & Bacon 4  
Hash-brown Potato  
Veggie stix & Dip  
Orange Smiles  
Bkfst: Yogurt & Crackers

Creamy Mac' & Cheese 5  
Italian Bread  
Buttered Peas  
Harvard Beets  
Fruit Cocktail  
Bkfst: Sausage Breakfast Pizza

Shepherd's Pie 6  
Warm roll  
Mixed Vegetables  
Cucumber sticks  
Applesauce  
Bkfst: Banana Bread

Fresh Crust Pizza 7  
Garden Salad  
Carrot Sticks  
Orange/pineapple fruit mix  
Bkfst: Bagel & Cream Cheese

Chicken Burger 8  
Plain or Spicy  
Sweet Potato Fries  
Crisp Lettuce & tomatoes  
Steamed Broccoli / Pears  
Bkfst: French Toast Sticks

Taco & Fixin's 11  
Corn / Salsa / B.Beans  
Rice Pilaf  
Diced Peaches  
Bkfst: Sausage Breakfast Pizza

Hamburger & Bun 12  
Tater Tots  
Garden Salad & Dressing  
Cucumber Slices  
Pears  
Bkfst: Cinnamon Bun

Yummy Chicken Casserole 13  
Buttered Noodles  
Steamed Broccoli & Carrots  
Fruit Cocktail  
Bkfst: Egg & Ham Combo Bar

Pancakes & Sausage 14  
Hash-brown  
Carrot Sticks & Dip  
Spiced Applesauce  
Bkfst: Yogurt & Crackers

Fresh Pizza 15  
Rainbow Pepper Strips  
Cucumber Slices  
Orange Smiles  
Bkfst: P/B Un-Crustable



18

WINTER  
BREAK!

19



20



21



22

Hot Chicken Sandwich 25  
M. Potatoes & Gravy  
Buttered Peas & Squash  
Fruit Cocktail  
Bkfst: Sausage Breakfast Pizza

Tasty Fish Sticks 26  
Rice Pilaf  
Seasoned Carrots  
Green Beans  
Orange Wedges  
Bkfst: French Toast Sticks

Creamy Chicken Alfredo 27  
Garlic Bread  
Caesar Salad  
Buttered Brussel Sprouts  
Diced Peaches  
Bkfst: P/B Un-Crustable

BBQ Pork 'Manwich' 28  
Sweet Potato Fries  
Veggie Sticks & Dip  
Applesauce  
Bkfst: Yogurt & Crackers



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."