OCTOBER 2026

SACO MIDDLE SCHOOL

MON	TUE	WED	THU	FRI
LUNCH			1 **Chicken Drumstick** **Cornbread** Garlic Roasted Broccoli Watermelon	2 **Pizza** Green Peppers Grapes
5 **Cheese Tortellini with Marinara** Garlic Breadstick Caesar Salad Mandarin Oranges	6 **All-Beef Hot Dogs** Baked Beans Fresh Fruit Salad	7 **Early Release Day** **Chicken Sandwich** Baby Carrots Bananas	8 **Brunch for Lunch!** **Chicken Sausage & Eggs with French Toast Sticks** Hash Brown Apple Slices	9 **No School** **Teacher Inservice Day**
12 **No School** **Indigenous Peoples Day**	13 **Rodeo Burgers with Pineland Farm Beef** Baked Smiley Fries Cantaloupe	14 **Spaghetti & Meatballs** **Garlic Breadstick** Garlic Roasted Green Benas Kiwi	15 **Chicken Quesadillas** Black Bean Salad Red Peppers Pineapple	16 **Mozzarella Sticks Marinara** Garden Salad Grapes
19 **Chicken & Waffles** Cucumbers Hummus Cups Diced Peaches	20 **Taco Tuesday!** **Ground Beef Tacos with Brown Rice** Corn Strawberries	21 **Bosco Sticks with Marinara** Baby Carrots Apple Slices	22 **Chicken Alfredo** **Dinner Roll** Garlic Roasted Broccoli Diced Pears	23 **Pizza** Caesar Salad Watermelon
26 **Buffalo Chicken Macaroni & Cheese** **Garlic Toast** Red Peppers Diced Pears	27 **Popcorn Chicken Bowl** **Dinner Roll** Mashed Potatoes Corn Honeydew Melon	28 **Pulled Pork Sandwiches and Coleslaw** Baked Beans Pineapple	29 **General Tso's Chicken** **Fried Rice** Steamed Broccoli Fresh Fruit Salad	30 **Cheese Ravioli** **Garlic Knot** Garlic Roasted Green Beans Mixed Fruit

SALADS OF THE DAY

Monday- Chicken Caesar
grilled chicken-romaine-parmesan-croutons- caesar dressing

Tuesday- Ranch Chicken BLT
grilled chicken- bacon- tomatoes-mozzarella- romaine- ranch dressing

Wednesday- Buffalo Chicken
buffalo chicken- tomatoes- cucumbers-celery- mozzarella-romaine dressing choice

Thursday- Chef Salad
ham- turkey- egg- tomatoes- green peppers- cucumbers- romaine- dressing choice

Friday- Caprese Salad
fresh mozzarella slices- tomato slices-spring mix- croutons-balsamic drizzle-pesto vinegarette

DAILY LUNCH OFFERINGS

Bagel Meal

Peanut Butter Sandwiches

Salad Bar

Milk Choices

USDA is an equal opportunity provider, employer, and lender.

OCTOBER 2026

SACO MIDDLE SCHOOL

MON	TUE	WED	THU	FRI
			1 **Mini Maple Pancake Puffs** Diced Pears	2 **Bacon & Egg Breakfast Pizza** Applesauce
5 **UBR Bar** Pineapple Cup	6 **Pumpkin Bread** Diced Peaches	7 **Mini Maple Waffles** Apple Slices	8 **Homemade Blueberry Muffins** Diced Pears	9 **No School Teacher Inservice Day**
12 **No School Indigenous Peoples Day**	13 **Strawberry Pancake Puffs** Diced Peaches	14 **Banana Bread** Apple Slices	15 **Apple Cinnamon Muffins** Diced Pears	16 **Pancake Wrapped Sausage** Applesauce
19 **Corn Muffin** Pineapple Cup	20 **Lemon Bread** Diced Peaches	21 **Early Risers** (McCain Hashbrowns with Egg, Cheese, and Bacon) Apple Slices	22 **Bagel Cream Cheese** Diced Pears	23 **Breakfast Sandwiches** Applesauce
26 **Mini Cinnamon Waffles** Pineapple Cups	27 **Sausage Waffle Breakfast Sandwich** Diced Peaches	28 **Mini Cinnis** Apple Slices	29 **Mini Maple Pancake Puffs** Diced Pears	30 **Bacon & Egg Breakfast Pizza** Applesauce

NATIONAL APPLE MONTH

🍎 **Celebrate National Apple Month!** 🍎

October is National Apple Month, and we're celebrating with delicious Maine-grown apples! 🍏 These crisp, local apples are being served in our school cafeterias all month long. Enjoy a taste of Maine while supporting our local farmers!

DAILY BREAKFAST OFFERINGS

Cereal Choices

100% Fruit Juice

Milk

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