



# OCTOBER 2020

## MSAD 75 Meal Pick Ups

Menu Subject to change

This Institution is an Equal Opportunity Employer

Monday

Tuesday

Wednesday

Thursday

Friday

**5**  
Breakfast  
Breakfast Breaks, Muffin, Cereal Cup,  
Breakfast Bread, Cinnamon Bun  
Fresh Fruit, Juice & Dried Fruit

Each bag receives 1 half gallon of milk

**6**

**7**  
Lunch  
Round Pizza, French Toast Sticks & Sausage  
Smuckers Uncrustable Sandwich, Vegetarian  
Baked Beans & Hot Dogs, Chicken Nuggets

Fresh Fruit, Fresh Veggies, Frozen Vegetables, applesauce

**8**

**1**  
If you cannot make it to a pick up location, please email [dicarak@link75.org](mailto:dicarak@link75.org) and we will make arrangements to get food to your house.

**12**  
Breakfast  
Breakfast Breaks, Muffin, Cereal Cup,  
Breakfast Bread, Cinnamon Bun  
Fresh Fruit, Juice & Dried Fruit

Each bag receives 1 half gallon of milk

**13**

**14**  
Lunch  
Bagel, Cream Cheese, Sunflowers Seeds & Cheesestick  
Pasta & Sauce Cups, WG roll  
Popcorn Chicken, Mashed potato, Turkey & Cheese Sandwich, fun chips  
Cheese breadsticks w/marinara Sauce cups  
Fresh Fruit, Fresh Veggies, applesauce

**15**

**9**  
Pick up hours are at Each school from 12-1pm Every Wednesday

**16**  
An Additional Pick up is available Wednesday evening from 5-7 pm at Mt Ararat Middle School

**19**  
Breakfast  
Breakfast Breaks, Muffin, Cereal Cup,  
Breakfast Bread, Cinnamon Bun  
Fresh Fruit, Juice & Dried Fruit

Each bag receives 1 half gallon of milk

**20**

**21**  
Lunch  
Macaroni & Cheese, Smuckers Uncrustable Sandwich,  
Fish Square Sandwich, Quesadilla Pizza Slices, Chicken Patty Sandwich on a WG Bun  
Fresh Fruit & Veggies, Dried Fruit

**22**

**23**  
Please remember to fill out & return your Free & Reduced Lunch application. Forms will be available at each pick up site

**26**  
Breakfast  
Breakfast Breaks, Muffin, Cereal Cup,  
Breakfast Bread, Cinnamon Bun  
Fresh Fruit, Juice & Dried Fruit

Each bag receives 1 half gallon of milk

**27**

**28**  
Lunch  
Chicken Salad cup w/WG Crackers,  
Peperoni & cheese Munchable, Smuckers Uncrustable sandwich, Breakfast Plate - Egg Patty, Sausage, tots, Yogurt Cup, granola, berries, Cheese Stick  
Fresh Fruit & Veggie, Applesauce

**29**

**30**  
Please follow the cones and signage for meal pickup when you arrive at the school.

If you cannot make it to any of the arranged pick up times, please let the Foodservice Director know via email [dicarak@link75.org](mailto:dicarak@link75.org)

