

# OCTOBER 2017

## Connors Emerson Tiger Cafe

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p>Aroostook County Baked Potato Bar-with fixings- Cheddar, fresh salsa, sour cream, butter, chives, chili made with local meat<br/>Wild Maine Blueberry Muffins<br/>Apple Slices</p> | <p>WG Pancakes <b>3</b><br/>With Maine Maple Syrup<br/>Oven Baked Ham<br/>Maine Baked Beans<br/>100 % Juice<br/>Maine Blueberries</p> | <p>Farmer's Market Chef Salad <b>4</b><br/>With Locally Grown Produce<br/>Zucchini Bread (School Zucchini)<br/>Fresh Maine Apple<br/>Maine Blueberry Smoothie</p> | <p>Taco Thursday <b>5</b><br/>Corn Taco Boat Filled With Seasoned Local Beef<br/>With Locally Grown Lettuce &amp; Tomatoes, cheddar cheese, local salsa, sour cream, Mexican Rice<br/>Pineapple</p> | <p>Cheeseburgers On WG Bun <b>6</b><br/>With Locally Grown Lettuce &amp; Tomatoes<br/>Northern Maine Potato Wedges</p> |
| <p>Columbus Day <b>9</b><br/>No School</p>  | <p>Rich Tomato Soup <b>10</b><br/>Golden Brown Grilled Cheese<br/>Fresh Cucumber Sticks<br/>Pears</p>                                 | <p>Spaghetti With Italian Meatballs <b>11</b><br/>Garlic Bread Sticks<br/>Green Beans<br/>Fresh Oranges</p>   | <p>Make Your Own Sandwich <b>12</b><br/>Choices: Sliced Turkey, Ham, Egg Salad, Cheese, Lettuce, Tomato, Onion &amp; Pickles<br/>Apples</p>   | <p>Individual Cheese Pizza <b>13</b><br/>Carrot Sticks<br/>Chilled Fruit Cup</p>                                       |
| <p>Oven Fried Haddock Burger <b>16</b><br/>Roasted ME Potato Wedges<br/>Petite Green Beans<br/>Cinnamon Pears</p>   | <p>Hearty Chicken &amp; Rice Soup <b>17</b><br/>WG Roll W/Butter<br/>Cucumber /Red Pepper Strips<br/>Applesauce Cups</p>              | <p>Maine Mashed Potato Made <b>18</b><br/>With Local Beef &amp; Topped With Gravy<br/>Wg Roll W/Butter<br/>Roasted Corn<br/>Mandarin Oranges</p>                  | <p>BBQ Chicken Drumsticks <b>19</b><br/>Crisp Caesar Salad<br/>Garlic Bread Sticks<br/>Blueberry Cups</p>   | <p>WG Waffle Sticks <b>20</b><br/>Turkey Sausage<br/>Fresh Cut Melon'<br/>100 % Juice</p>                              |
| <p>Crispy Chicken Strips <b>23</b><br/>Roasted Me Potato Wedges<br/>Peas<br/>Wg Roll W/Butter<br/>Peaches</p>   | <p>Turkey Hotdog On WG/Bun <b>24</b><br/>Me Baked Beans &amp; Veg Beans<br/>Chilled Mixed Fruit<br/>Pickles</p>                       | <p>Three Cheese Blend Macaroni &amp; Cheese <b>25</b><br/>W/WG Topping<br/>Fresh Broccoli<br/>Apple</p>   | <p>Italians <b>26</b><br/>Made With Ham, Cheese , Tomato, Red Pepper Rings, Onion &amp; Pickles<br/>Carrot Sticks<br/>Kiwi</p>  | <p>Cheese Pizza <b>27</b><br/>Cucumber Sticks<br/>Oranges</p>  |
| <p>Hamburgers On WG Bun <b>30</b><br/>Roasted Sweet Potato Wedges<br/>Peas<br/>Strawberry Cups</p>  | <p>Spooky Chicken Burger <b>31</b><br/>Roasted Potato Fingers<br/>Halloween Corn<br/>Oranges/Halloween Treat</p>                      |   |   |  |

We will be celebrating Maine Harvest Week October 2-October 6 featuring as many local products as we can!! Please join us for lunch!! From our school garden we have beautiful tomatoes and zucchini as well as apples from our school tree!!