

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Chex Mix Fruit or Juice Milk	Bagel w/ CC Fruit or Juice Milk	WG Cinnamon Roll Fruit or Juice Milk	Breakfast Pastry Fruit or Juice Milk	Hard Boiled Egg Soft Pretzel Fruit or Juice Milk

## February is Heart Health Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Shepard's Pie Spinach Salad Mixed Fruit
4 French Toast Sticks Sausage Assorted Fries Blueberries	5 Nachos w/ Beef & Cheese Salad Strawberries	6 Early Release Chicken Burger Veggies w/ Dip Fresh Fruit	7 Roast Pork w/ Gravy Potatoes Dinner Roll Carrots Applesauce	8 Assorted Pizza Garden Salad Fruit Cocktail
11 Hot Ham & Cheese Croissant Mixed Vegetables Fruit Choice	12 Mexican Wrap Rice w/ Beans Peaches	13 Spaghetti w/ Marinara Meatballs Caesar Salad Fresh Fruit	14 Chicken Pot Pie Broccoli Fruited Jello w/ Cream	15 Cheeseburger Chips Carrots w/ Hummus Pears
18 Holiday	19 No School	20 No School	21 No School	22 No School
25 Baked Potato Bar w/ Toppings Cukes w/ Dip Orange	26 Lasagna Garlic Toast Green Beans Grapes	27 Chicken Vegetable & Rice Soup Dinner Roll Fruit Choice	28 Roast Turkey w/ Gravy Mashed Potatoes Stuffing Corn Applecrisp	



## Breakfast



Breakfast (PreK-5)	Free
Lunch (PreK-5)	Free
Breakfast Full Price (6-8)	\$1.50
Breakfast Reduced (6-8)	Free
Lunch Full Price (6-8)	\$3.00
Lunch Reduced (6-8)	\$ .40
Additional Entree	\$1.50
Additional Side	\$.50
Milk Carton	\$.50



Questions?  
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Menu May Change without notice; No charging A La Carte Items; Nutrition Facts at RSU13.ORG; The Maine Department of Education & The USDA is an Equal Opportunity

**! Minimum meal requirement: You must take a fruit or vegetable and two more items from separate food groups.**