

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Chex Mix Fruit or Juice Milk	Bagel w/CC Fruit or Juice Milk	Muffin Fruit or Juice Milk	Quick Bread Fruit or Juice Milk	Breakfast Pastry Fruit or Juice Milk

← Breakfast

January 2019 Menu RSU # 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year	2 Chicken Strips Oven Fries Carrots Fruit Cocktail Milk	3 Tomato Soup Grilled Cheese Broccoli w/ Dip Fresh Fruit Milk	4 Pizza Cheese or Meat lovers Garden Salad Strawberry Cup Milk
7 Sloppy Joes Pretzels Coleslaw Orange Milk	8 Chicken Wrap w/ Veggies Sunchips Apple Milk	9 Corn Chowder Biscuit Cukes w/ Dip Blueberries Milk	10 Pigs in a Blanket Caesar Salad Craisins Milk	11 Smoothie Bagel w/ CC Fresh Veggies Grapes Milk
14 Oriental Meatballs Egg Roll Stir- Fry Veggies Fresh Fruit Milk	15 Macaroni & Cheese w/ Diced Ham Broccoli Strawberry Cup Milk	16 Chicken Taquitos Rice Green Beans Applesauce	17 Roast Turkey Mashed Potatoes w/ Gravy & Corn Fresh Fruit Milk	18 BBQ Pork w/ Bun Fries Spinach Salad Fruit Cocktali Milk
21 Holiday	22 Breakfast For Lunch	23 Chicken Burger Sweet Potato Fries Veggies W/ Dip Fruit Milk	24 Tacos w/ Salsa Cheese, Sour Cream Apple Slices Milk	25 Assorted Pizza Green Salad Pineapple Chunks Milk
28 Chef's Choice	29 Soft Pretzels w/ Cheese Stick Sunflower Seeds Craisins Milk	30 Chop Suey Roll Mixed Vegetables Mandarian Oranges Milk	31 Chicken Parmesan Spaghetti Caesar Salad Fresh Fruit Milk	



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



Questions?
 Linette Butler
 lbutler@rsu13.org
 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 Provider & Employer

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