

 **LUNCH**

- Alternate Choice Daily
- Creamy Peanut Butter & Jelly on Whole Grain Bread

OCTOBER 2018

RSU # 13

Menu is subject to change without notice. All lunches are offered with fruits, vegetables and a selection of plain or flavored milk

Monday

1
Chicken Patty Sandwich
Herbed Carrots
Fruit Cocktail
Milk

8
Columbus Day Holiday
No School

15
French toast Sticks
Sausage Patty
Hash Brown
Assorted Fruit
Milk

22
Cheeseburger
Oven Fries
Tossed Salad
Watermelon
Milk

29
Scalloped Potatoes w/ Diced Ham
Broccoli
Assorted Fruit
Milk

Tuesday

2
Macaroni and Trees w/
(Broccoli & Cheese)
Craisins
Milk

9
Bosco Sticks w/ Marina
Garden Salad
Apple
Milk

16
Roast Turkey w/ Gravy
Mashed Potatoes
Green Beans
Spiced Apple Slices
Milk

23
Chicken Nuggets
Soft Pretzel
Snap Peas
Grapes
Milk

30
Chicken Burrito
Mexican Salad
Fresh Fruit
Milk

Wednesday

3
Meatball Sub
Caesar Salad
Peaches
Milk

10
Shepherd's Pie
Italian Bread
Assorted Fruit
Milk

17
Early Release Day
Ham & Cheese Sandwich
Baby Carrots
Raisins
Cookie

24
Pancakes w/ Syrup
Breakfast Ham
Hash Browns
Fruit Choice
Milk

31
Happy Halloween
Eye Ball or Cheese Pizza
Carrot & Celery Fingers w/ Dip
Boo Berries
Milk

Thursday

4
Hot Dog w/ Roll
Baked Beans
Coleslaw
Applesauce
Milk

11
Baked Chicken
Rice Pilaf
Corn
Orange
Milk

18
Pasta with Meatballs and Marina
Breadstick
Green Peas
Assorted Fruit
Milk

25
Chili w/ Chips
Cheese, Sour Cream
Cornbread
Assorted Fruit
Milk

Friday

5
Teachers Workshop
No School

12
Bagel Lunch w/ Cream Cheese
Yogurt
Marinated Vegetables
Pears
Milk

19
Taco Lunch
Rice and Beans
Cherry Tomato and Corn Salad
Apple
Milk

26
Turkey and Cheese Melt
Creamy Tomato Soup
Cole Slaw
Apple
Milk

This institution is a equal opportunity provider.