

## BREAKFAST MENU

A COMPLETE MEAL IS OUTLINED BELOW.  
TO MEET THE MINIMUM REQUIREMENTS FOR A  
MEAL YOU MUST TAKE AN ENTRÉE AND  
AT LEAST 1 FRUIT OR FRUIT JUICE.

### CHOOSE **1** ENTRÉE

DAILY BREAKFAST SPECIALS  
PUMPKIN BREAD • BANANA BREAD  
ASSORTED BAGELS  
WILD MAINE BLUEBERRY MUFFIN  
HONEY BAKED CHEX  
FRUIT & YOGURT  
ASSORTED COLD CEREALS

### CHOOSE **2** SIDES

FRESH WHOLE FRUIT  
100% FRUIT JUICE

### CHOOSE **1** MILK

SKIM MILK - 100% FAT FREE  
WHITE MILK - 99% FAT FREE

## LUNCH MENU

A COMPLETE MEAL IS OUTLINED BELOW.  
TO MEET THE MINIMUM REQUIREMENTS FOR A  
MEAL YOU MUST TAKE AN ENTRÉE AND  
AT LEAST 1 FRUIT OR VEGETABLE.

### CHOOSE **1** ENTRÉE

DAILY LUNCH SPECIALS  
FRESH DELI STYLE SUBS AND SANDWICHES  
FRUIT & YOGURT WITH PUMPKIN BREAD  
FRESH BAKED PIZZAS  
BAKED CRISPY CHICKEN SANDWICH  
CLASSIC CHEESEBURGER  
PEANUT BUTTER AND JELLY SANDWICH

### CHOOSE **2** FRUITS

FRUIT OF THE DAY  
ASSORTED FRESH FRUIT

### CHOOSE **2** VEGGIES

VEGGIE OF THE DAY  
FRESH GARDEN SALAD BAR

### CHOOSE **1** MILK

SKIM MILK - 100% FAT FREE  
CHOCOLATE MILK - 100% FAT FREE  
WHITE MILK - 99% FAT FREE

**STUDENTS IN GRADES 9 THRU 12  
ARE OFFERED TWO CARTONS OF  
MILK WITH THEIR LUNCH MEALS**

BREAKFAST 9-12:	\$ 2.00
REDUCED BREAKFAST:	FREE
ADDITIONAL ENTRÉE:	\$ 0.75
ADDITIONAL SIDE:	\$ 0.50
LUNCH 9-12:	\$ 3.50
REDUCED LUNCH:	\$ 0.40
ADDITIONAL ENTRÉE:	\$ 1.50
ADDITIONAL SIDE:	\$ 0.50
MILK 8oz CARTON:	\$ 0.50

Menu may change without notice

Nutrition information available  
on the School Nutrition Pages  
at [RSU13.org](http://RSU13.org)

Questions for the  
School Nutrition Director can be  
sent to [ChButler@rsu13.org](mailto:ChButler@rsu13.org)

#### CHARGING POLICY

School Nutrition does not allow  
charging of any kind in the Cafete-  
ria. This includes Lunch, Breakfast,  
extra servings, and all A La Carte  
items.

#### INSUFFICIENT FUNDS

Students who need a meal and who  
do not have the funds to pay for a  
meal will receive an Emergency  
Meal consisting of a peanut butter  
& jelly sandwich with skim milk &  
vegetables which will be charged to  
the student's meal account. If a  
student has any allergies that  
would prevent them from eating the  
Emergency Meal an alternate meal  
will be provided.