

February 2021 South School & Ash Point Community School Menu

Cereal	Muffin	Bagel W/Cream Cheese	Breakfast Bar	Cereal
JUICE/FRUIT/MILK	JUICE/FRUIT/MILK	JUICE/FRUIT/MILK	JUICE/FRUIT/MILK	JUICE/FRUIT/MILK
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef & Cheese Nachos	2 Breakfast Sandwich	3	4 Cheese Burger	5 BBQ Pork Sandwich
Sour Cream Salsa Steamed Broccoli Diced Peaches Milk	Sausage, Cheese & Egg Hash Brown Patty Apple Sauce Milk	Teacher's Workshop No School	Potato Wedges Steamed Corn Cantaloupe Slices Milk	With Chips Broccoli Spears Apple Crisp Milk
8 Chicken Fajita	9 Spaghetti & Meat Sauce	10	11 Taco Sandwich	12 Turkey & Cheese Sandwich
Sweet Potato Fries Corn Apple Sauce Milk	Garlic Stick Cucumber sticks Diced Peaches Milk	Teacher's Workshop No School	Corn Chips Rainbow Peppers Pears Milk	Chips Baby Carrots Strawberry Cup Milk
15	19	20	21	22
VACATION	VACATION	VACATION	VACATION	VACATION
22 Hamburger	23 Turkey Rice Bowl	24	25 Meatloaf	26 Pizza
Potato Wedges Broccoli Fruit Cups Milk	Gravy Corn Strawberry Cup Milk	Teacher's Workshop No School	Mashed Potatoes Dinner Roll Peas Pears Milk	Chips Broccoli Pineapple Milk

BREAKFAST



FREE Breakfast & Lunch
until July 1, 2021

Offsite Learning Students
Students attending Mid-Coast School of Technology
Parents email, dmilliard@RSU13.org to arrange to pick up meals 2 times per week (Breakfast & Lunch for 5 days) . On Monday and Thursday at South School, 12:00pm -1:00pm

OHS & OHS Students take home meals
Pick up Pizza Party food packs at school at 2pm Tuesday & Friday

Questions?
Darcy Milliard
dmilliard@RSU13.org
Menu may change without notice
Nutrition Facts at RSU13.ORG
The Maine Department of Education & The USDA is an Equal Opportunity Provider & Employer