



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Hot Blueberry Muffins String Cheese Sticks Apple Juice, Chilled Pears Cold Milk Choices <b>BC-Muffins &amp; String Cheese</b></p>	<p>4 Hot French Toast Sticks w/Syrup Chilled Grape Juice Fresh Kiwi Slices Cold Milk Choices <b>BC-Mini Pancakes</b></p>	<p>5 Toasted English Muffins w/Sunbutter &amp; Jelly Chilled Juice Choices Fresh Banana Cold Milk Choices <b>BC-W/G Breakfast Bun</b></p>	<p>6 Hot Bagels w/Toppings Chilled Fruit Punch Fresh Melon Chunks Cold Milk Choices <b>BC-Bagels w/Toppings</b></p>	<p>7 Teacher Workshop No School</p>
<p>10 Columbus Day No School</p>	<p>11 Hot Pancakes w/Syrup (3) Bacon Slices Chilled Juice Choices Cinnamon Applesauce Cold Milk Choices <b>BC-Mini Pancakes</b></p>	<p>12 Hot Apple Cinnamon Coffee Cake Cup of Yogurt Chilled Apple Juice Diced Pears, Milk <b>BC-Coffee Cake &amp; Yogurt</b></p>	<p>13 Hot Toast w/Jelly Hard Boiled Eggs Assorted Juices Choice of Fruit Cold Milk Choices <b>BC-W/G Breakfast Bun</b></p>	<p>14 <b>Hot McMassabesic</b> (egg, cheese &amp; sausage on english muffins) Chilled Juice Choices Fresh Banana Cold Milk Choices <b>BC-Banana Bread</b></p>
<p>17 Warm Banana or Zucchini Bread Slices Chilled Juice Choices Box of Raisins Cold Milk Choices <b>BC-Banana/Zucchini Bread</b></p>	<p>18 Hot Egg, Bacon &amp; Cheese on a Croissant Orange Juice Chilled Pineapple Cold Milk Choices <b>BC-W/G Breakfast Buns</b></p>	<p>19 <b>Early Release Day</b> Warm Mini Cinni Rolls Chilled Juice Choices Diced Pears Cold Milk Choices <b>No BC Today</b></p>	<p>20 Make Your Own Yogurt Parfaits w/Fresh made Granola Strawberries &amp; Blueberries Chilled Orange Juice Cold Milk Choices <b>BC-Yogurt Parfaits</b></p>	<p>21 Warm School Made Cinnamon Rolls String Cheese Sticks Grape Juice, Mixed Fruit Cold Milk Choices <b>BC-Cinnamon Rolls &amp; Cheese Sticks</b></p>
<p>24 Hot Pancakes w/Syrup (3) Bacon Slices Choice of Juices Chilled fruit Cups Cold Milk Choices <b>BC-W/G Breakfast Buns</b></p>	<p>25 Warm Banana or Berry Bread Slices Orange/Pineapple Juice Fresh orange Smiles Cold Milk Choices <b>BC-Banana/Berry Bread</b></p>	<p>26 Warm W/G Breakfast Buns Chilled Orange Juice Fresh Melon Chunks Cold Milk Choices <b>BC-W/G Breakfast Bun</b></p>	<p>27 Hot French Toast Sticks w/Syrup Chilled Grape Juice Fresh Kiwi Slices Cold Milk Choices <b>BC-Mini Pancakes</b></p>	<p>28 Hot Egg, Bacon &amp; Cheese on a Croissant Chilled Juice Choice Fresh Local Apple Cold Milk Choices <b>BC-Mini Cinni's</b></p>
<p>31 <b>Happy Halloween!</b> Hot Boooberry(Blueberry) Muffins Cup of Yogurt Fruit Punch, Diced Peaches Cold Milk Choices <b>BC-Muffins &amp; Yogurts</b></p>	<div style="border: 1px solid black; padding: 10px;"> <p><b>An active family</b></p> <p>As fall's cooler temperatures set in, use these ideas to keep your kids from turning into couch potatoes.</p> <p><b>Pick the activity.</b> Together, write active ideas on craft sticks, one per stick. <i>Examples:</i> freeze tag, pillowcase race. Have your youngster put the sticks in a colorful basket or an empty can covered with wrapping paper. Each day, she could pull one out to do.</p> <p><b>Walk for a cause.</b> Help your child find a weekend charity walk that raises funds for a cause she cares about. Then, sign everyone up to participate. Both your family and your community will benefit. 🍂</p> <div style="text-align: center;"> </div> </div>			
<p><b>Breakfast Pricing:</b> \$1.75 Elementary Breakfast \$2.00 MMS Breakfast 6-8 \$2.00 MHS Breakfast 9-12 \$ .00 Reduced Breakfast \$3.00 Adult Breakfast</p>				

A Free Breakfast is available to all students who qualify for Free or Reduced Price Meal.



**Milk Choice** available daily: 1% White, Fat Free White, Chocolate & Strawberry



# OCTOBER

2016

RSU #57 SCHOOL NUTRITION PROGRAM  
ELEMENTARY LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Alternate choice this week: Egg Salad Sandwich on a W/G Roll</p>	<p>3</p> <p>Brunch For Lunch French Toast Sticks w/Syrup Sausage Patties Crispy Home Fries Baked Beans, Orange Juice, Milk Ketchup</p>	<p>4</p> <p>Pizza Max Sticks w/Dipping Sauce Fresh Carrot Coins Steamed Peas Chilled Pineapple Juice Cold Milk Choices</p>	<p>5</p> <p><u>Make Your Own Subs</u> Turkey &amp; Cheese or Ham &amp; Cheese On W/G Sub Rolls Shredded Lettuce, Tomatoes, Pickles, Onion, Green Peppers, Bananas Cold Milk Choices Mayo &amp; Mustard</p>	<p>6</p> <p>Fresh Made Pizza Choices (Cheese Or Pepperoni) Red Pepper Strips &amp; Fresh Cucumber Slices Chilled Pineapple Tidbits Cold Milk Choices Lite Ranch Dressing</p>	<p>7</p> <p>Teacher Workshop No School</p>
<p>9</p> <p>Alternate choice this week: Tuna Salad Sandwich on a W/G Roll w/ Pickles</p>	<p>10</p> <p>Columbus Day No School </p>	<p>11</p> <p>"Pom Pom" Popcorn Chicken Savory Rice Hot Broccoli Steamed Corn Chilled Apple Juice W/W Sugar Cookies Cold Milk Choices</p>	<p>12</p> <p>"W/P" Hamburger on a W/G Roll Green Leaf Lettuce &amp; Tomato Crispy Sweet Potato Fries Chilled Fruit Punch Rice Crispy Bars Cold Milk Choices Ketchup, Mustard, Ranch</p>	<p>13</p> <p>Brunch For Lunch "Cheering" Cheese Omelet w/Cinnamon Roll Sausage Patty, Home Fries Oven Baked Beans, Chilled Fruit Cup Cold Milk Choices Ketchup</p>	<p>14</p> <p>"Spited" Stuffed Crust Pizza Crisp Toss Salad w/Romaine, Cucumber &amp; Diced Tomatoes Steamed Green Beans Strawberries &amp; Bananas Cold Milk Choices Lite Ranch &amp; Italian Dressings</p>
<p>16</p> <p>Alternate choice this week: Grilled Cheese Sandwich on W/G Bread w/Yogurt</p>	<p>17</p> <p><b>NEW!</b> Teriyaki Chicken Dippers w/Steamed Rice Plat Str Fry Vegetables Hot Broccoli w/Cheese Sauce Chilled Apple Juice W/W Sugar Cookie Cold Milk Choices Lite Ranch Dressing</p>	<p>18</p> <p><u>Taco Tuesdays!</u> Taco Meat, Choice of Taco Shell or Taco Chips, Shredded Cheese, Shredded Lettuce, Diced Tomatoes, Onions, Salsa, Vegetarian Beans, Cinnamon Puffs Chilled Pineapple, Milk Lite Dressings</p>	<p>19</p> <p><u>Eat! Release Day</u> Shaved Turkey &amp; Cheese On W/G Rolls Wango Mango Juice Or Dragon Punch, Fresh Apples Gold Fish Crackers Cold Milk Choices Mayo, Mustard Pkts</p>	<p>20</p> <p>Boneless Chicken Drumsticks Crisp Carrot &amp; Celery Sticks Warm W/G Cinnamon Rolls Chilled Grape Juice Cold Milk Choices Lite Ranch Dressing</p>	<p>21</p> <p><u>Bus Driver Appreciation Day!</u> Hot Spaghetti w/Meatballs Crisp Tossed Salad W/G Crisp French Bread Chilled Peas Brownie Bites Cold Milk Choices Lite Ranch &amp; Italian Dressings</p>
<p>23</p> <p>Alternate choice this week: Cheeseburger on a Bun</p>	<p>24</p> <p>Hot Ham &amp; Cheese on a Croissant Crispy Potato Wedges Hot Steamed Broccoli Chilled Grape Juice Chocolate Chip Cookies Cold Milk Choices Ketchup</p>	<p>25</p> <p>Crispy Chicken Patty On W/G Rolls Green Leaf Lettuce &amp; Tomato Fresh Orange Slices Cold Milk Choices Lite Mayo &amp; Ketchup Lite Ranch Dressing</p>	<p>26</p> <p><u>Italian Pasta Day</u> Hot Pasta w/Meat Sauce Garden Spinach Salad Steamed Peas W/G Garlic French Bread Chilled Apple Juice Cold Milk Choices Lite Ranch &amp; Italian Dressings</p>	<p>27</p> <p>Taco Haystacks Crisp W/G Tortilla Chips w/Seasoned Taco Meat, Shredded Cheese, Chopped Leaf Lettuce, Diced Tomatoes &amp; Salsa Vegetarian Beans, Peaches Milk, Lite Dressings</p>	<p>28</p> <p><u>Help Find Dairy Today!</u> "Nemo's" Mozzarella Sticks w/Dipping Sauce "Bailey's" Sweet Potato Fries "Hanks" Green Beans "Destiny's" Wheat Roll w/Butter "Hermie Crab" Grapes "Keep Swimming" Milk</p>
<p>30</p> <p>Alternate choice this week: Crispy Chicken Patty on a W/G Roll</p>	<p>31</p> <p><u>Happy Halloween!</u> Hot Cheesesteak, Pizza Bagels Goblin Green &amp; Red Pepper Strips Crisp Creepy Carrots Fresh Bobbing Apples Ghostly Milk Choices Lite Ranch Dressing</p>	<p><b>National School Lunch Week! 10/11 thru 10/14/2016!</b></p>			
<p>**Nut free schools will make substitutions for all menu items containing nuts.</p>	<p><b>Lunch Meal Prices:</b> \$2.75 Elementary Lunch \$3.00 MMS 6-8 Lunch \$3.00 MHS 9-12 Lunch \$.40 Reduced Lunch K-12 \$5.00 Adult Lunch</p>				

Please note - Breakfast & Lunch menus are subject to change without notice. All fruit & veggie choices may vary based upon pricing & availability.

This Institution is an equal opportunity provider.

Milk Choice available daily: 1% White, Fat Free White, Chocolate & Strawberry.