

RSU #57 SCHOOL NUTRITION PROGRAM

ELEMENTARY LUNCH



2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Meal Prices:</p> <ul style="list-style-type: none"> \$ 2.75 Elementary Lunch \$ 3.00 MMS 6-8 Lunch \$ 3.00 MHS 9-12 Lunch \$.40 Reduced Lunch K-K-12 \$ 5.00 Adult Lunch 	<p>**Nut free schools will make substitutions for all menu items containing nuts.</p>				
<p>Alternate Choice: Cool Egg Salad Roll</p>	<p>Labor Day No School</p>	<p>Welcome Back! Pizza Bagels Steamed Green Beans Chilled Pineapple Apple Juice Chocolate Chip Cookie Cold Milk Choices</p>	<p>Shaved Turkey on a Crossant Sliced Cucumbers Cherry Tomatoes Bag of Pretzels Fresh Apple, Milk</p>	<p>Taco Haystacks Crisp w/G Tortilla Chips w/Seasoned Taco Filling, Shredded Cheese, Chopped Leaf Lettuce, Diced Tomatoes & Salsa Hot Vegetarian Beans Chilled Peaches, Milk Lite Dressings</p>	<p>Make Your Own Cool Yogurt Parfait Choice of Fruit Crunchy Granola Carrots & Celery w/ Sunbutter, Bug Bite Cookies Cold Milk Choices</p>
<p>Alternate Choice: Grilled Cheese on W/W</p>	<p>Teddy Bear Picnic Sunbutter & Jelly or Turkey & Cheese on W/W Roll Red Pepper & Cucumber Slices Apple Sauce Cups Teddy Cookies Cold Milk Choices</p>	<p>Boneless Chicken Drumsticks w/Crisp Carrot & Celery Sticks & Ranch Dressing Cups Warm W/G Cinnamon Rolls Chilled Grape Juice Cold Milk Choices</p>	<p>"Cool" Chef Salads w/Chicken or Ham & Cheese Hot Twisted Bread Stick Sald Vegies Fresh Apple or Banana Cold Milk Choices</p>	<p>Crispy Chicken Nuggets w/ Potato Wedges Crisp Toss Salad w/Dressing Frozen Blueberry Cups Biscuit w/Butter & Jelly Cold Milk Choices</p>	<p>Custodian Appreciation Day! Fall BBQ Hamburger, Cheeseburger or Hot Dog, BBQ Veggie Beans Raw Vegetable Sticks Baby Carrots, Watermelon Wedges, Ice Cream Cup Cold Milk Choices</p>
<p>Alternate Choice: Chicken Patty on W/W Roll</p>	<p>It's a Wrap Shaved Ham & Cheese w/Pickles in a Wrap Bag of Chips, Sliced Cucumbers Chilled Peas Whole Wheat Sugar Cookies Cold Milk Choices</p>	<p>Maine Harvest Day! Grilled Chicken Tenders w/BBQ Sauce Crispy Maine Potato Wedges Oven Baked Beans Fresh Local Corn on the Cob Hot Maine Blueberry Muffin Fresh Local Apples Cold Milk Choices</p>	<p>Early Release Day Warm Bagel w/Cream Cheese & Jelly Cup of Yogurt Baby Carrots & Kiwi Slices Chilled Juice Choices Cold Milk Choices</p>	<p>Make Your Own Subs Turkey, Ham & Cheese Lettuce, Tomatoes, Peppers Pickles, Onion, Olives Fresh Orange Wedges Bag of Nacho Chips Cold Milk Choices Mayo & Mustard</p>	<p>Fresh Made Pizza Choices (Cheese Or Pepperoni) Red Pepper Strips & Fresh Cucumber Slices Chilled Pineapple Juice Cold Milk Choices Lite Ranch Dressing</p>
<p>Alternate Choice: Cheeseburger</p>	<p>"Let's Go Fishing" Turkey & Cheese On Crossant Gold Fish Crackers Baby Carrots & Red Peppers Fresh Apples Cold Milk Choices Mayo, Mustard Pkts</p>	<p>Popcorn Chicken Crispy Seasoned Potato Wedges Warm Wheat Rolls & Butter Steamed Broccoli, Butternut Squash, Chilled Apple Juice Cold Milk Choices Ketchup</p>	<p>Italian Pasta Day Oven Baked Ravioli w/Sauce & Cheese Crisp Garden Salad Steamed Peas W/G Garlic Bread Fresh Fruit Choices Cold Milk Choices</p>	<p>Nachos w/Cheese Sauce W/G Corn Chips, Salsa Crisp Celery & Carrots Hot Vegetarian Beans Chilled Juice Choices Cold Milk Choices Lite Ranch Dressing</p>	<p>Crispy Chicken Patties On W/W Rolls Green Leaf Lettuce & Tomato Steamed Green Beans Fresh Orange Smiles Cold Milk Choices Lite Mayo & Ketchup</p>

This Institution is an equal opportunity provider.

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

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

R.S.U. #57 Elementary Breakfast Menu



2016

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 *** The Breakfast Cart (BC) is available each morning at the Waterboro Elementary School for Grades 4th & 5th only. There is 1 station available for students to visit at the start of each day. The item offered will be shown in bold at the bottom of each days menu. The breakfast cart is not available on early release days.</p>		<p>2 BREAKFAST PRICES: Elementary: \$1.75 Middle School: \$2.00 High School: \$2.00 Reduced: .00 Adult: \$3.00</p>
<p>5 Labor Day No School</p>	<p>6 Hot Pancakes w/Syrup (3) Bacon Slices Chilled Juice Choices Cinnamon Apple Sauce Cold Milk Choices BC - Mini Pancakes</p>	<p>7 Hot Apple Cinnamon Coffee Cake Cup Of Yogurt Chilled Apple Juice Diced Pears, Milk BC - Coffee Cake & Yogurt</p>	<p>8 Hot Toast w/Jelly Hard Boiled Eggs Assorted Juices Choice Of Fruit Cold Milk Choices BC - Breakfast Buns</p>	<p>9 Hot McMassabesics (egg, cheese & sausage on english muffins) Chilled Juice Choices Fresh Bananas, Milk BC - Banana Bread</p>
<p>12 Hot Blueberry Muffins String Cheese Sticks Apple Juice, Chilled Pears Cold Milk Choices BC - Muffins & String Cheese Sticks</p>	<p>13 Hot French Toast Sticks w/Syrup Chilled Grape Juice Fresh Kiwi Slices Cold Milk Choices BC - Mini Pancakes</p>	<p>14 Warm School Made Cinnamon Rolls, String Cheese Sticks, Grape Juice Chilled Mixed Fruit, Milk BC - Cinnamon Rolls & String Cheese Sticks</p>	<p>15 Hot Bagels w/Asst'd Toppings Fruit Punch Chilled Melon Chunks Cold Milk Choices BC - Bagels</p>	<p>16 Warm W/G Breakfast Buns Chilled Grape Juice Pineapple Tidbits Cold Milk Choices BC - W/G Breakfast Buns</p>
<p>19 Hot Egg, Bacon & Cheese On Croissants Orange Juice Chilled Pineapple Cold Milk Choices BC - Breakfast Buns</p>	<p>20 Warm Banana Or Zucchini Bread Slices Chilled Juice Choices Box Of Raisins Cold Milk Choices BC - Banana Bread</p>	<p>21 Early Release Day Warm Mini Cinni Rolls Chilled Juice Choices Diced Pears Cold Milk Choices BC - Mini Cinnis</p>	<p>22 Make Your Own Yogurt Parfaits w/Strawberries, Blueberries, Trail Mix & Granola, Chilled Orange Juice Cold Milk Choices BC - Yogurt Parfaits</p>	<p>23 Toasted English Muffins w/Sun Butter & Jelly Chilled Juice Choices Fresh Bananas Cold Milk Choices BC - Breakfast Buns</p>
<p>26 Hot Pancakes w/Syrup (3) Bacon Slices Choice Of Juices Chilled Fruit Cups Cold Milk Choices BC - Breakfast Buns</p>	<p>27 Warm Banana Or Forest Berry Bread Slices Orange/Pineapple Juice Fresh Orange Smiles, Milk BC - Banana Or Berry Bread Slices</p>	<p>28 Warm W/G Breakfast Buns Chilled Orange Juice Melon Chunks Cold Milk Choices BC - W/G Breakfast Buns</p>	<p>29 Hot French Toast Sticks w/Syrup Chilled Grape Juice Fresh Kiwi Slices Cold Milk Choices BC - Mini Pancakes</p>	<p>30 Hot Egg, Cheese & Bacon On Croissants Chilled Juice Choices Fresh Orange Smiles Cold Milk Choices BC - Mini Cinnis</p>

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*All fruit & veggie choices may vary based upon pricing & availability.

*Choice of milk available daily: 1% white, fat free white, chocolate & strawberry

Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock "pack lunch" off your to-do list! Consider these three suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items ("The pork burrito sounds really good!"). If you're excited about the choices, he's likely to share your excitement.



2. Discuss what he eats at school. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn't like and make recommendations for new foods to serve.

Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he's allergic to, possible reactions, and what to do if he accidentally eats one of them. ●

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