JANUARY

MLS, MSS, PES Lunch

Daily Choices

- Peanut Butter + Jelly
- Salad Bar
- Milk

Rotating Alternate Sandwiches

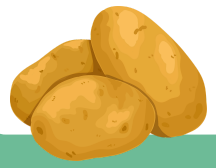
- Turkey + Cheese
- Ham + Cheese
- Tuna Salad
- Egg Salad

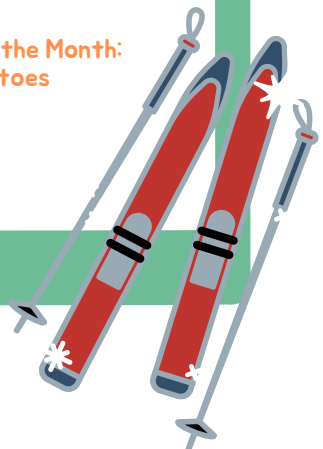
Notes:

RSU 5 is an equal opportunity provider.

RSU 5 reserves the right to substitute menus due to supply shortages, but we will put every effort to provide a similar alternative whenever possible.

Harvest of the Month: Potatoes





Monday	Tuesday	Wednesday	Thursday	Friday
05 Chicken Nuggets w/ French Fries	06 Grilled Cheese and Tomato Soup with Goldfish Crackers	07 Pasta with Meatballs + Marinara Chef's Salad and a Dinner Roll	08 Beef Tacos, Assorted Toppings, Beans & Brown Rice	09 Cheese or Pepperoni Pizza Chef's Choice Alternate
12 Hamburger or Cheeseburger with Coleslaw + Baked Beans	13 Breakfast for Lunch French Toast with Sausage + Hashbrowns	14 Cheese or Bacon Pizza Chef's Choice Alternate	15 Chili with Maine Baked Potatoes or Alternate Sandwich	16 Macaroni and Cheese with Green Beans or Alternate Sandwich
19 NO SCHOOL	20 Bosco Sticks + Marinara Sauce	21 Meatloaf, Mashed Potatoes & Buttered Carrots or Alternate Sandwich	22 Orange Chicken, Rice + Broccoli or Alternate Sandwich	23 Cheese or Pepperoni Pizza Chef's Choice Alternate
26 Crispy Chicken Sandwich or Alternate Sandwich	27 Chicken Pasta Alfredo with Broccoli & Garlic Bread or Alternate Sandwich	28 Cheese or Bacon Pizza Chef's Choice Alternate	29 Oven Baked Chicken, Mashed Potatoes and Peas or Alternate Sandwich	30 Sloppy Joe with Seasoned Potato Wedges, Coleslaw or Alternate Sandwich
February 02 Hot Dogs with Chips & Buttered Corn or Alternate Sandwich	03 Shepherd's Pie & a Dinner Roll or Alternate Sandwich	04 Early Release Bagged Lunch	05 Chicken & Cheese Quesadillas with Assorted Toppings, Beans & Brown Rice	06 Cheese or Pepperoni Pizza Chef's Choice Alternate

JANUARY

DCS, MLS, MSS Breakfast

Daily Choices

- Cereal
- Milk
- Fruit

Notes:

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All grain-based items are whole grain-rich and lower-sugar school nutrition formulations.

At DCS, on days when a hot egg- or meat-based entree is featured, a fortified, whole-grain breakfast option will be substituted for breakfasts consumed in the classroom.

Monday	Tuesday	Wednesday	Thursday	Friday
05 Muffin	06 Scrambled Eggs & Biscuits	07 Breakfast Bar	08 Breakfast Bread	09 Chef's Choice
12 Bagel and Cream Cheese	13 Sausage Egg and Cheese Sandwich	14 Pancakes with Syrup	15 Yogurt & Granola Parfait	16 Chef's Choice
19 NO SCHOOL	20 Scrambled Eggs & Biscuits	21 Breakfast Bar	22 Breakfast Bread	23 Chef's Choice
26 Bagel and Cream Cheese	27 Sausage Egg and Cheese Sandwich	28 Pancakes with Syrup	29 Yogurt & Granola Parfait	30 Chef's Choice
February 02 Muffin	03 Scrambled Eggs & Biscuits	04 Breakfast Bar	05 Breakfast Bread	06 Chef's Choice