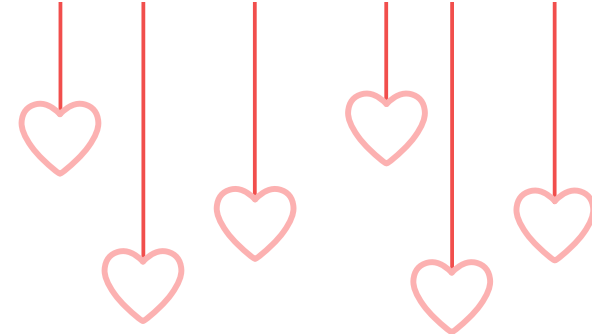




FEBRUARY



Elementary Lunch

Daily Choices

- Peanut Butter + Jelly
- Salad Bar
- Milk

Rotating Alternate Sandwiches

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

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:
Maine Root Vegetables
Local Carrots

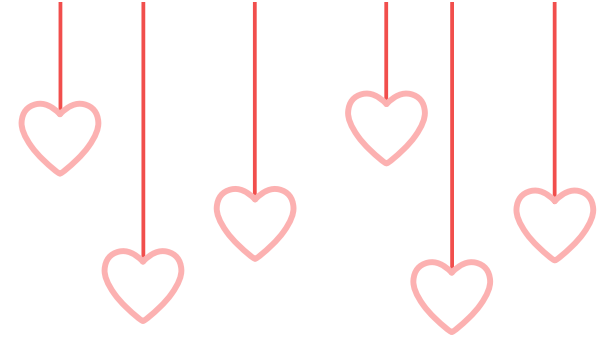


Monday	Tuesday	Wednesday	Thursday	Friday
02 Hot Dogs with Chips & Buttered Corn or Alternate Sandwich	03 Shepherd's Pie & a Dinner Roll or Alternate Sandwich	04 <u>*Early Release*</u> Bagged Lunches	05 Chicken & Cheese Quesadillas with Assorted Toppings, Beans & Brown Rice	06 Cheese or Pepperoni Pizza Chef's Choice Alternate
09 Chicken Nuggets w/ French Fries	10 Grilled Cheese and Tomato Soup with Goldfish Crackers	11 Pasta with Meatballs + Marinara Chef's Salad and a Dinner Roll	12 Macaroni and Cheese with Green Beans or Alternate Sandwich	13 Soft Pretzel with Cheese Sauce & Valentine's Day Treat! (Strawberry Milk & Sugar Cookies)
16 President's Day NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23 Hamburger or Cheeseburger with Pasta Salad	24 <u>Breakfast for Lunch</u> French Toast with Sausage + Hashbrowns	25 Oven Baked Chicken, Mashed Potatoes and Local Honey Roasted Carrots or Alternate Sandwich	26 Chicken Fajitas with Peppers, Onion, Black Beans, and Cheese or Alternate Sandwich	27 Cheese or Bacon Pizza Chef's Choice Alternate
02 Crispy Chicken Sandwich or Alternate Sandwich	03 Chicken Pasta Alfredo with Broccoli & Garlic Bread or Alternate Sandwich	04 Beef Tacos, Assorted Toppings, Beans & Brown Rice	05 Orange Chicken, Rice + Broccoli or Alternate Sandwich	06 Cheese or Pepperoni Pizza Chef's Choice Alternate





FEBRUARY



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

02 Muffin	03 Scrambled Eggs & Biscuits	04 Breakfast Bar	05 Breakfast Bread	06 Chef's Choice
09 Bagel and Cream Cheese	10 Sausage Egg and Cheese Sandwich	11 French Toast Tornado	12 Yogurt & Granola Parfait	13 Chef's Choice
16 President's Day NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23 Muffin	24 Scrambled Eggs & Biscuits	25 Breakfast Bar	26 Breakfast Bread	27 Chef's Choice
02 Bagel and Cream Cheese	03 Sausage Egg and Cheese Sandwich	04 French Toast Tornado	05 Yogurt & Granola Parfait	06 Chef's Choice

