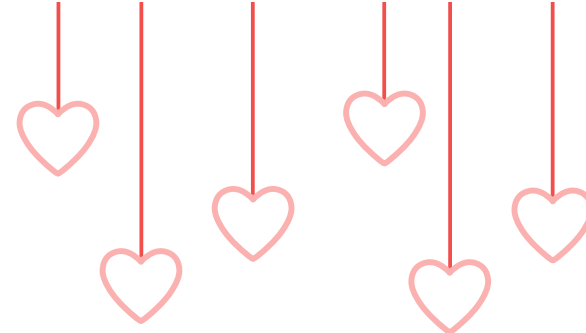




# FEBRUARY



## FMS Lunch

### Daily Choices

- Peanut Butter & Jelly

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- Rotating Alternate Sandwich Choices -
  - Turkey + Cheese
  - Ham + Cheese
  - Tuna Salad Sandwich
  - Egg Salad Sandwich

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- Assorted Burgers - varies each day (Veggie/Chicken/Hamburger/Cheeseburger)

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- Yogurt Parfaits

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- Bagel + Cream Cheese

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- Full Salad Bar

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- Milk



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\***



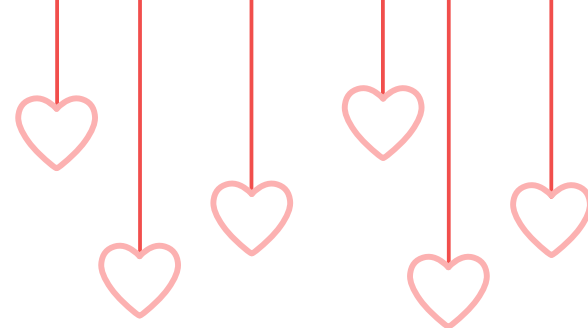
Monday	Tuesday	Wednesday	Thursday	Friday
02 Hot Dogs with Chips & Buttered Corn or Alternate Sandwich	03 Shepherd's Pie & a Dinner Roll or Alternate Sandwich	04 <u>*Early Release*</u> Bagged Lunches	05 Chicken & Cheese Quesadillas with Assorted Toppings, Beans & Brown Rice	06 Cheese or Pepperoni Pizza 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

## FMS BREAKFAST



### GRAB-AND-GO!

#### MONDAY

French Toast & Sausage

#### TUESDAY

Pancakes and Sausage

#### WEDNESDAY

Breakfast Sandwich or Wraps

#### THURSDAY

Whole Grain Muffins

#### FRIDAY

Whole Grain Cinnamon Roll

### DAILY CHOICES

CEREAL

OATMEAL

YOGURT + GRANOLA

FRESH FRUIT

MILK

JUICE

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 INTO PROVIDING A SIMILAR ALTERNATIVE WHENEVER POSSIBLE.

