SEPTEMBER

RSU 5 LUNCH - Elementary



Daily Choices

- Peanut Butter & Jelly
- Full Salad Bar
- Milk

Rotating Alternate Sandwiches
Turkey & Cheese, Ham & Cheese, Egg Salad, Tuna Salad

Notes:

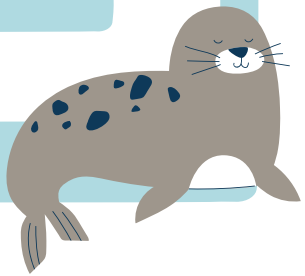
RSU 5 is an equal opportunity provider.

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

September Harvest of the Month:

Maine Tomatoes





Monday	Tuesday	Wednesday	Thursday	Friday
WELCOME BACK! 31 Chicken Nuggets with French Fries	01 Beef or Chicken Nachos Assorted Toppings	02 Breakfast for Lunch French Toast Sticks, Sausage + Hashbrowns	03 Cheese or Bacon Pizza Chef's Choice Alternate	04 No School
07 No School	08 Hamburger or Cheeseburger with Pickles & Potato Chips	09 Macaroni & Cheese with Butterd Peas	10 Orange Chicken, Rice and Broccoli	11 Cheese or Pepperoni Pizza Chef's Choice Alternate
14 Bosco Sticks with Marinara Sauce	15 Hot Dog on a Bun with French Fries	16 American Chopped Suey with Green Beans and Garlic Bread	17 Crispy Chicken Sandwich	18 Soft Pretzel & Cheese Sauce
21 Corn Dog & Sweet Potato French Fries	22 Pulled Pork Sandwich with Coleslaw & Baked Beans	23 Pasta with Meatballs served with Garlic Bread & Caesar Salad	24 Loaded Baked Potato Bar Beef Chili Assorted Toppings	25 Cheese or Pepperoni Pizza Chef's Choice Alternate
28 Sloppy Joe Sandwich & Potato Chips	29 Beef and Cheese Quesadilla Assorted Toppings	30 Chicken Pasta Alfredo with Broccoli	October 01 Grilled Cheese and Tomato Soup and Goldfish Crackers	02 Cheese or Bacon Pizza Chef's Choice Alternate

SEPTEMBER

RSU 5 BREAKFAST - DCS, MLS, MSS



Daily Choices

- Cereal
- Fresh Fruit
- Milk

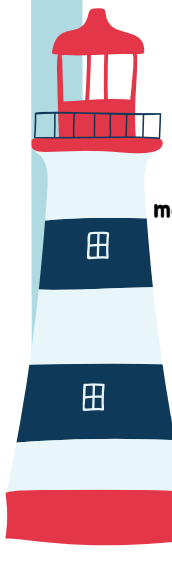
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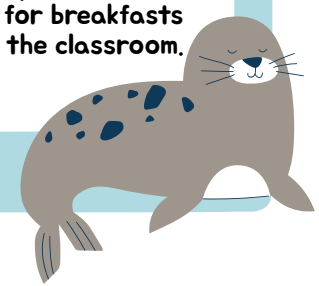
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All grain-based items are whole grain-rich and lower-sugar school nutrition formulations.

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
WELCOME BACK! 31 Bagel & Cream Cheese	01 Whole Grain Breakfast Pastry	02 Breakfast Sandwich	03 Chef's Choice	04 No School
07 No School	08 Whole Grain Breakfast Bar	09 Yogurt & Granola Parfait	10 Whole Grain Muffin	11 Chef's Choice
14 Bagel & Cream Cheese	15 Whole Grain Breakfast Pastry	16 Breakfast Sandwich	17 Whole Grain Muffin	18 Chef's Choice
21 Bagel & Cream Cheese	22 Whole Grain Breakfast Bar	23 Yogurt & Granola Parfait	24 Whole Grain Muffin	25 Chef's Choice
28 Bagel & Cream Cheese	29 Whole Grain Breakfast Pastry	30 Breakfast Sandwich	October 01 Whole Grain Muffin	02 Chef's Choice