OCTOBER

RSU 5 Lunch - MLS, MSS, PES

Daily Choices

- Peanut Butter and Jelly
- Turkey or Ham & Cheese Sandwich
- Full salad bar
- Milk

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.

October Harvest of the Month:

Maine Apples

Monday	Tuesday	Wednesday	Thursday	Friday
As part of our Harvest of the Month pledge, local Maine apples will be available daily thanks to Brackett's Orchard in Limington!		TRY IT TUESDAY October 13th Roasted Butternut Squash	01 Grilled Cheese and Tomato Soup and Goldfish Crackers or Alternate Choice	02 Cheese or Bacon Pizza Chef's Choice Alternate
05 Chicken Nuggets with French Fries or Alternate Choice	06 Breakfast for Lunch French Toast Sticks with Sausage + Hashbrowns or Alternate Choice	07 Meatball Sub Roasted Garlicky Broccoli and Cauliflower or Alternate Choice	08 Cheese or Pepperoni Pizza Chef's Choice Alternate	09 No School
12 No School	13 Bosco Sticks with Marinara Sauce + Roasted Butternut Squash or Alternate Choice	14 American Chop Suey + Green Beans with a Dinner Roll or Alternate Choice	15 Walking Beef Tacos Assorted Toppings Brown Rice	16 Cheese or Bacon Pizza Chef's Choice Alternate
19 Hamburger or Cheeseburger with Chips & a Pickle or Alternate Choice	20 Chicken and Cheese Quesidillas with Assorted Toppings or Alternate Choice	21 Shepherd's Pie & Dinner Rolls or Chef's Choice Alternate	22 Macaroni and Cheese with Buttered Peas or Alternate Choice	23 Cheese or Pepperoni Pizza Chef's Choice Alternate
26 Crispy Chicken Sandwich or Alternate Choice	27 Orange Chicken, Brown Rice and Broccoli or Alternate Choice	28 Homemade Beef Chili with Cornbread or Alternate Chocie	29 Whole Grain Soft Pretzel & Cheese Sauce or Alternate Choice	30 Mummy Dogs & Bones (Veggie Sticks) & Halloween Treat

OCTOBER

Breakfast - MLS, MSS

Daily Choices

- Cereal
- Peanut Butter + Jelly
- Fresh Fruit
- Milk

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

Monday	Tuesday	Wednesday	Thursday	Friday
As part of our Harvest of the Month pledge, local Maine apples will be available daily thanks to Brackett's Orchard in Limington!		30 Breakfast Sandwich	01 Whole Grain Muffin	02 Chef's Choice
05 Bagel and Cream Cheese	06 Whole Grain Breakfast Pastry	07 Yogurt Parfait & Granola	08 Whole Grain Muffin	09 No School
12 No School	13 Whole Grain Breakfast Bar	14 Breakfast Sandwich	15 Whole Grain Muffin	16 Chef's Choice
19 Bagel and Cream Cheese	20 Whole Grain Breakfast Pastry	21 Yogurt Parfait & Granola	22 Whole Grain Muffin	23 Chef's Choice
26 Bagel and Cream Cheese	27 Whole Grain Breakfast Bar	28 Breakfast Sandwhich	29 Whole Grain Muffin	30 Chef's Choice