

OCTOBER

RSU 5 Lunch - FMS



Daily Choices

- Peanut Butter & Jelly
- Turkey or Ham & Cheese Sandwich
- Assorted Burgers - varies by day
- Yogurt Parfaits
- Bagel + Cream Cheese
- Full Salad Bar
- Milk

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.

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

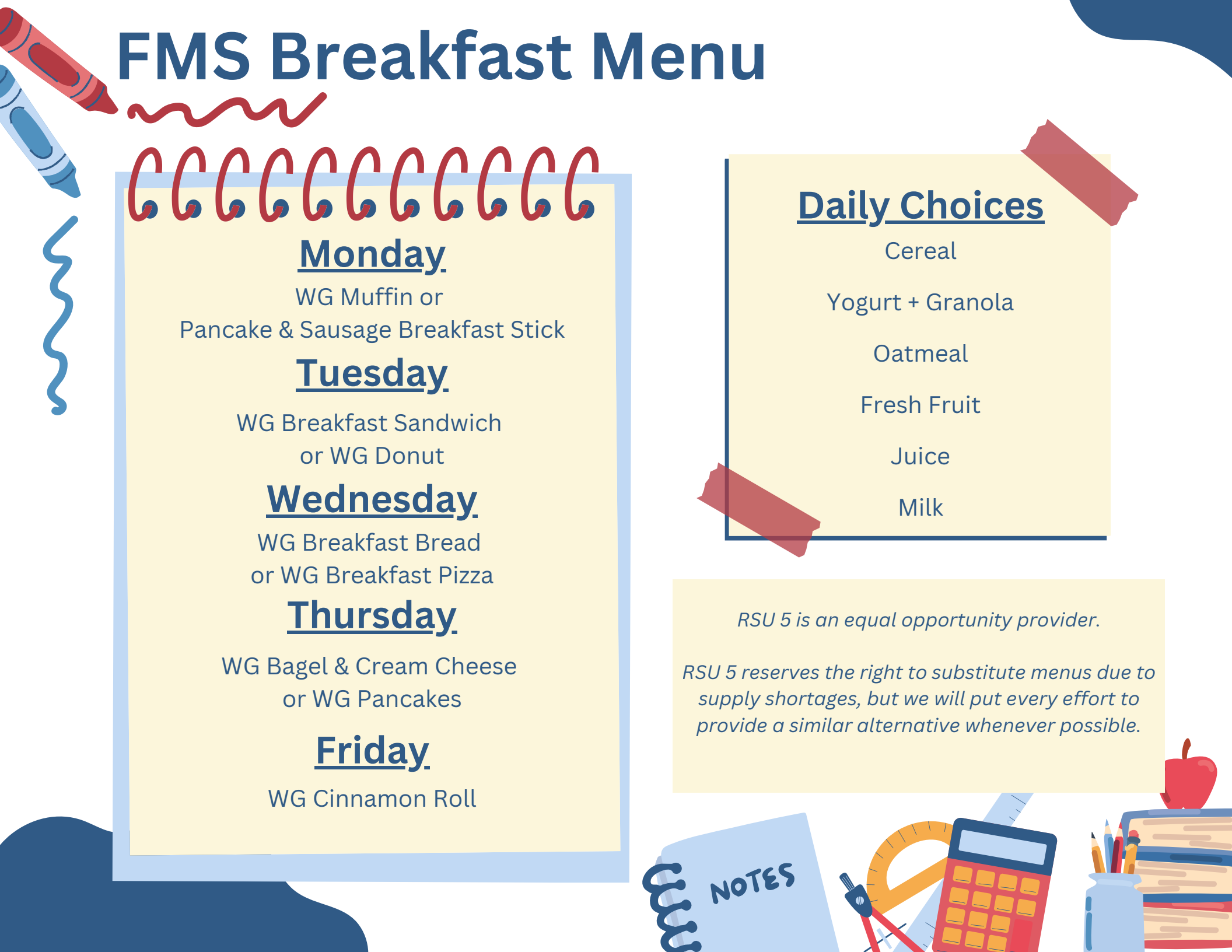
27
Orange Chicken, Brown Rice and Broccoli or Alternate Choice

28
Homemade Beef Chili with Cornbread or Alternate Choice

29
Whole Grain Soft Pretzel & Cheese Sauce or Alternate Choice

30
Mummy Dogs & Bones (Veggie Sticks) & Halloween Treat





FMS Breakfast Menu

Monday

WG Muffin or
Pancake & Sausage Breakfast Stick

Tuesday

WG Breakfast Sandwich
or WG Donut

Wednesday

WG Breakfast Bread
or WG Breakfast Pizza

Thursday

WG Bagel & Cream Cheese
or WG Pancakes

Friday

WG Cinnamon Roll

Daily Choices

Cereal

Yogurt + Granola

Oatmeal

Fresh Fruit

Juice

Milk

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NOTES

