



NOVEMBER



RSU5 Breakfast - DCS

Daily Choices

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

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.

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

At DCS, on days when a hot entree is featured, a fortified, whole-grain breakfast option will be substituted for breakfasts consumed in the classroom.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Breakfast Pastry	3 No School	4 Breakfast Sandwich	5 Whole Grain Muffin	6 Chef's Choice
9 Whole Grain Breakfast Pastry	10 Pancakes with Syrup	11 Veteran's Day No School	12 Bagel and Cream Cheese	13 Chef's Choice
16 Whole Grain Breakfast Pastry	17 Waffles with Syrup	18 Breakfast Sandwich	19 Whole Grain Muffin	20 Chef's Choice
23 Whole Grain Breakfast Pastry	24 Pancakes with Syrup	25 No School	26 Happy Thanksgiving! No School	27 No School
30 Whole Grain Breakfast Pastry	<i>December</i> 1 Waffles with Syrup	2 Breakfast Sandwich	3 Bagel with Cream Cheese	4 Chef's Choice



NOVEMBER

RSU5 Lunch - DCS



Daily Choices

- Peanut Butter + Jelly
- Salad Bar
- Milk

Rotating Alternate Sandwiches

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

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November Harvest of the Month:
Maine Brassicas

Try it Tuesday: 11/17
Swallowtail Farm in Limington, ME
~ Specialty Greek Yogurt ~
Pumpkin Spice Flavor!

Monday

Tuesday

Wednesday

Thursday

Friday

2

Chicken Nuggets with
French Fries or
Alternate Choice

3

No School

4

Breakfast for Lunch
French Toast Sticks
with Sausage Link +
Hash Browns or
Alternate Choice

5

Pasta with Meatballs &
Marinara Sauce
WG Dinner Roll
or Alternate Choice

6

Cheese or Pepperoni
Pizza
or Alternate Choice

9

Bosco Sticks with
Marinara Sauce or
Alternate Choice

10

Beef Tacos
Assorted Toppings
Brown Rice
or Alternate Choice

11

Veteran's Day
No School

12

Homemade Beef Chili
with Baked
Potatoes and WG
Dinner Roll or
Alternate Choice

13

WG Soft Pretzel &
Cheese Sauce or
Alternate Choice

16

Pineland Farm
Hamburger or
Cheeseburger with
Chips and Pickles or
Alternate Choice

17

Try it Tuesday!
Oven Baked Chicken &
Mashed Potato with
Buttered Corn
or
Alternate Choice

18

Chicken Parmesan with
Pasta & Garlic Bread
or Alternate Choice

19

Orange Chicken with
Brown Rice and **Maine
Broccoli** or
Alternate Choice

20

Cheese or Bacon Pizza
or Alternate Choice

23

Crispy Chicken
Sandwich and Sweet
Potato Fries or
Alternate Choice

24

Grilled Cheese and
Tomato Soup
or
Alternate Choice

25

No School

26

Happy Thanksgiving!
No School

27

No School

30

Hot Dog on a WG Bun
or Alternate Choice

1

December

Shepherd's Pie with WG
Dinner Rolls or
Alternate Choice

2

Walking Beef Tacos
Assorted Toppings
Brown Rice or
Alternate Choice

3

Chicken and Waffles
or Alternate Choice

4

Cheese or Pepperoni
Pizza
or Alternate Choice