



NOVEMBER

RSU5 Lunch - FMS



Daily Choices

- Peanut Butter + Jelly
- Salad Bar
- Milk
- Assorted Burgers - varies by day
- Yogurt Parfits
- Assorted Sandwiches - varies by day
- Bagel & Cream Cheese

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.

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

Chicken Broccoli
Alfredo with WG
Garlic Bread 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

Homemade Beef Chili
with Baked
Potatoes and WG
Dinner Roll 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

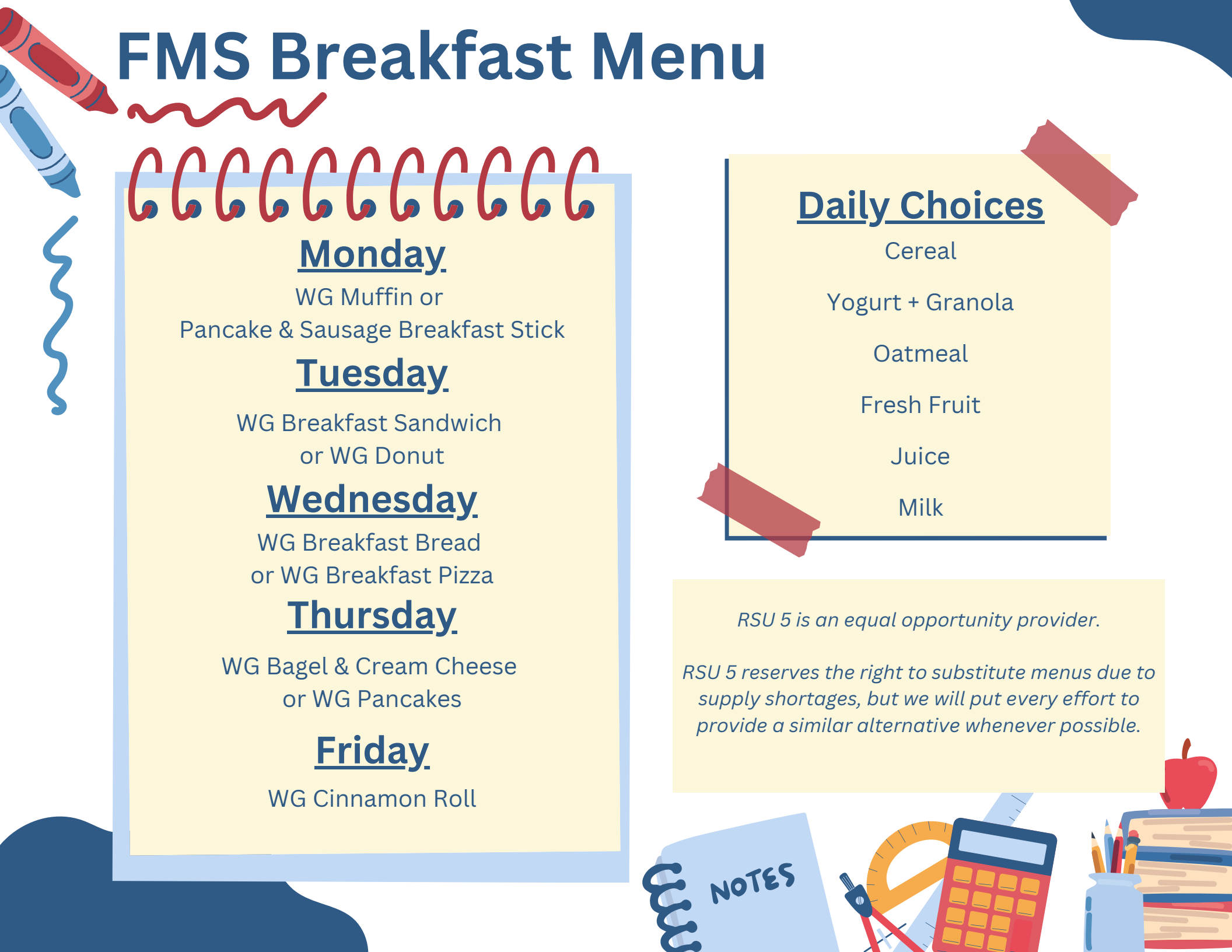
Walking Beef Tacos
Assorted Toppings
Brown Rice or
Alternate Choice

3

Macaroni and Cheese
with Buttered Peas or
Alternate Sandwich

4

Cheese or Pepperoni
Pizza
or Alternate Choice



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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