

Welcome  
**April**

**RSU #34**  
ALTON ELEMENTARY SCHOOL  
Grades K - 3  
APR.3 – APR. 28, 2017

*April is National  
Poetry Month*



**APRIL IS NATIONAL CELERY MONTH!**

**Fun Facts!** Did you know?... Lighter green celery is sweeter celery; Heavier celery has more juice content and more flavor; Squeeze the stalk...Squeaky celery is fresh celery!

Every Day - Sandwich Choice - Peanut Butter & Jelly with Cheese slice, veggie, fruit and milk  
Milk Choice: 1%, Skim or FF Chocolate

Lunch: \$2.60, Reduced Lunch: \$.40  
Breakfast: \$1.50, Reduced Breakfast: 0.00

Check out the School Breakfast Menu:

Monday: WG Pop Tart  
Tuesday: WG Pancake  
Wednesday: WG Waffles  
Thursday: WG Choc. Chip Muffin  
Friday: WG Donut  
In addition to grains, breakfast also includes, fruit or vegetable and/or juice, and milk.  
Protein foods may also be offered.

**Meal Pattern for National School Lunch Program  
Offer Vs. Serve (OVS)**

- Minimum 5 components must be offered daily.
- Must take at least 3 of the 5 components including ½ cup of fruits or vegetables
- Components are Meat/Meat Alternate, Grains, Fruits, Vegetables, & Milk
- Grains are whole grain rich (at least 50% whole grain)
- Weekly variety of vegetables must include items from the following categories: red/orange, dark green, legumes/beans/peas, starchy & "other" (cucumbers, celery, mushrooms...etc.)

APR 3	APR 4	APR 5	APR 6	APR 7
PANCAKES WITH EGG & CHEESE WRAP BAKED BEANS, CARROT STICKS APPLE	WG MOZZARELLA TWISTED BREADSTICKS CORN FRUIT CUP	HOT HAM AND CHEESE SANDWICH W/ SWEET POTATO FRIES GRAPES	BEEFY CHEESE NACHO BOAT TORTILLA CHIPS GREEN BEANS ORANGE SMILES	PIZZA TOSSED SALAD STRAWBERRIES
APR. 10	APR. 11	APR. 12	APR. 13	APR. 14
B'FAST SANDWICH ON WG CROISSANT BAKED BEANS ORANGE SMILES	POPCORN CHICKEN W/WG WAFFLE STEAMED CARROTS STRAWBERRIES	SHEPHERD'S PIE WG BREAD STICK PEACHES	SPAGHETTI & MEATBALLS CORN GRAPES	FRENCH BREAD PIZZA, BROCCOLI APPLE
APR. 17	APR. 18	APR. 19	APR. 20	APR. 21



APR. 24	APR. 25	APR. 26	APR. 27	APR. 28
BLUEBERRY YOGURT PARFAIT W/B'FAST ROUND CARROTS GRAPES	CHICKEN NUGGETS WITH WAFFLE BROCCOLI TREES STRAWBERRIES	COYOTE CUB CHEESEBURGER BEAN & CORN SALAD FRUIT CUP	TURKEY BLT ON WG KAISER ROLL APPLE SLICES	CHEESE OR PEPPERONI PIZZA CELERY & DIP ORANGE SMILES

2016-2017 STAFF: GAIL JOHNSON  
FOOD SERVICE DIRECTOR: STEPHANIE SALLEY, CLERK: KIM HAYWARD  
FOOD SERVICE OFFICE: 207-827-3908

RSU 34 Foodservice...



ALL BREAD AND CRACKER GRAINS ARE WHOLE GRAIN RICH (AT LEAST 50% WHOLE GRAIN)  
STUDENTS ARE OFFERED FIVE COMPONENTS AND MUST CHOOSE AT LEAST THREE COMPONENTS FOR THEIR LUNCH TRAY.  
RSU #34 FOOD SERVICE DOES NOT OPERATE FOR PROFIT. PLEASE KEEP STUDENT ACCOUNTS CURRENT.

Account info is available at [www.myschoolbucks.com](http://www.myschoolbucks.com), or by calling the Food Service office (827-3908).

PLEASE KEEP ACCOUNT BALANCES POSITIVE.

IN ACCORDANCE WITH THE RSU 34 CHARGING POLICY (EFD - AVAILABLE AT [WWW.RSU34.ORG](http://WWW.RSU34.ORG)), AN ALTERNATE MEAL WILL BE PROVIDED FOR STUDENTS WHO OWE MORE THAN \$25.00 AND WHO DO NOT BRING A LUNCH FROM HOME. THEIR ACCOUNT WILL BE CHARGED. PLEASE TAKE TIME TO READ THE POLICY.

GO TO [www.rsu34.org/Menus/default.htm](http://www.rsu34.org/Menus/default.htm) FOR UPCOMING MENUS, ONLINE MEAL APPLICATION, AND LINK TO [www.myschoolbucks.com](http://www.myschoolbucks.com).

All menus are subject to change and substitutions as necessary and without notice.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

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