

welcome
April

RSU #34
OLD TOWN HIGH SCHOOL
Grades 9 - 12
MAR. 6 – MAR. 31, 2017

*April is National
Poetry Month*

| Mon | Tues | Wed | Thurs | Fri |
|---------------------------|---------------------------|------------------|----------------------------|----------------------------|
| Cheeseburger On WG Bun | Beef Hot Dog On WG Bun | DELI SANDWICH | Chicken Patty On WG Bun | COYOTE Burger On WG Bun |
| Pizza | Pizza | Pizza | Pizza | Pizza |

CHECK OUT KITCHEN MANAGER ANN'S DAILY SPECIALS!!!

Every Day Choices: Peanut butter OR Sunbutter & Jelly Sandwich with Cheese Stick,
Salad Bar, & Milk (1%, Skim, FF Chocolate & FF Strawberry)

Lunch: \$3.00, Reduced Lunch: \$.40, Breakfast: \$1.50, Reduced Breakfast \$.00

EACH WEEK ONE OF THE FOLLOWING SANDWICH CHOICES WILL ALSO BE OFFERED:
HAM & CHEESE, TURKEY AND CHEESE OR CHICKEN SALAD

Check out the School Breakfast Menu:

Monday: WG Donut
Tuesday: French Toast Sticks
Wednesday: Breakfast Pizza
Thursday: WG Choc. Chip Muffin
Friday: Breakfast Pizza
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" (cukes, celery, mushrooms...etc.)

| APR 3 | APR 4 | APR 5 | APR 6 | APR 7 |
|------------------------------------|---|----------------------------------|--|-------------------|
| PANCAKES WITH EGG & CHEESE WRAP | WG MOZZARELLA TWISTED BREADSTICKS WITH SAUCE | PULLED PORK BAKED BEANS | BEEFY CHEESE NACHOS | ASSORTED PIZZA |
| APR. 10 | APR. 11 | APR. 12 | APR. 13 | APR. 14 |
| B'FAST SANDWICH ON WG CROISSANT | POPCORN CHICKEN WITH WG WAFFLE | SHEPHERD'S PIE WG BREAD STICK | SPAGHETTI & MEATBALLS W/GARLIC BREADSTICK | ASSORTED PIZZA |
| APR. 17 | APR. 18 | APR. 19 | APR. 20 | APR. 21 |



SPRING BREAK!



| APR. 24 | APR. 25 | APR. 26 | APR. 27 | APR. 28 |
|---|--------------------------------|--|---------------------------------|-------------------|
| BLUEBERRY YOGURT PARFAIT W/B'FAST ROUND | CHICKEN NUGGETS WITH WAFFLE | TACO SALAD WITH TORTILLA CHIPS & SALSA | TURKEY BLT ON WG KAISER ROLL | ASSORTED PIZZA |

2016-2017 STAFF:
KITCHEN MANAGER: ANN RICHARD
KITCHEN STAFF: DEBBIE SPENCER & APRION HALLOWELL
FOOD SERVICE DIRECTOR: STEPHANIE SALLEY, CLERK: KIM HAYWARD
FOOD SERVICE OFFICE: 207-827-3908

RSU 34 Food Service...



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, 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), 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 FOR UPCOMING MENUS, ONLINE MEAL APPLICATION, AND LINK TO 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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