

Welcome
April

RSU #34

VIOLA RAND 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: KATI FRIESS
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, 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.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.