



# RSU #34

VIOLA RAND ELEMENTARY SCHOOL

Grades K - 3

JAN. 30 – MAR. 3, 2017



Every Day – Sandwich Choice – Peanut Butter & Jelly with veggie, fruit and milk  
Salad Bar for grades 2 – 5, Milk (1%, Skim or FF Chocolate)

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

JAN. 30	JAN. 31	FEB. 1	FEB. 2	FEB. 3
FRENCH TOAST STICKS SCRAMBLED EGGS CHEESE STICK PEARS	COYOTE CUB CHEESEBURGER W/ SWEET POTATO FRIES GRAPES	CHICKEN NUGGETS BAKED POTATO WEDGES PEACHES	TURKEY BLT ON WG BUN CUCUMBER SLICES APPLE	PIZZA TOSSED SALAD CANTALOUPE COOKIE
FEB. 6	FEB. 7	FEB. 8	FEB. 9	FEB. 10
SAUSAGE, EGG & CHEESE BREAKFAST SANDWICH ON CROISSANT BAKED BEANS APPLESAUCE CUP	DELI HAM & CHEESE SANDWICH ON WG BREAD CARROTS PEACHES	MEXICALI TACO BOAT GREEN BEANS CANTALOUPE	TURKEY & GRAVY MASHED POTATOES DINNER ROLL PEARS	FRENCH BREAD PIZZA, FRESH BROCCOLI PINEAPPLE
FEB. 13	FEB. 14	FEB. 15	FEB. 16	FEB. 17
PANCAKES WITH EGG & CHEESE WRAP BAKED BEANS, CARROT STICKS PEARS	CHEESEBURGER ON WG BUN ROASTED POTATO WEDGES PEACHES COOKIE	FAJITA CHICKEN WRAP CELERY STICKS WITH RANCH DIP FRUIT CUP	BREAD STICKS WITH DIPPING SAUCE APPLESAUCE	PIZZA BROCCOLI PEACHES
FEB. 20	FEB. 21	FEB. 22	FEB. 23	FEB. 24
WINTER BREAK - NO SCHOOL				
FEB. 27	FEB. 28	MAR. 1	MAR. 2	MAR. 3
EGG & CHEESE CROISSANT STEAMED CARROTS GRAPES	CHICKEN NUGGETS WITH WAFFLE, BROCCOLI PEACHES	PULLED PORK & BAKED BEANS DINNER ROLL APPLESAUCE	TURKEY & CHEESE PANINI SANDWICH PEAS PEARS	CHEESE OR PEPPERONI PIZZA CELERY W/RANCH DIP KIWI

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

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.

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