



RSU #34

VIOLA RAND ELEMENTARY SCHOOL

Grades K - 3

May 29 – JUNE 15, 2017



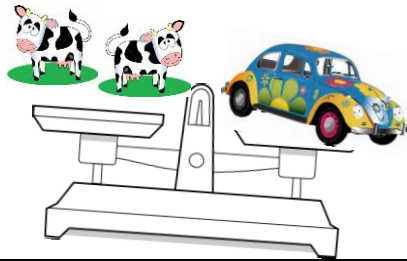
**JUNE IS NATIONAL DAIRY MONTH!
GET READY FOR SOME FUN FACTS ABOUT DAIRY COWS!**

Every Day - Sandwich Choice - SunButter & 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

DID YOU KNOW THAT THE AVERAGE DAIRY COW WEIGHS AROUND 1,400 POUNDS? TWO OF THEM WEIGH ALMOST THE SAME AS A VOLKSWAGEN BEETLE!



Cows only have teeth in the bottom of their mouth, but they have 32 of them!



Cows eat 90 – 100 pounds of food and they drink 35 gallons of water – every day!



Dairy cows produce an average of 6.3 gallons of milk each day. That's 2300 gallons each year and 350,000 glasses of milk in a lifetime!

MAY 29	MAY 30	MAY 31	JUNE 1	JUN 2
 memorial DAY NO SCHOOL	CAESAR SALAD W/ CHICKEN STRIPS WG BREAD STICK ORANGES	CHICKEN SALAD SANDWICH ON WG ROLL CELERY & CUCUMBER STICKS W/ RANCH DRESSING PEACHES	COYOTE BURGER ON WG BUN CORN PINEAPPLE	CHEESE PIZZA CARROT STICKS FRUIT CUP
JUNE 5	JUNE 6	JUNE 7	JUNE 8	JUNE 9
PULLED PORK ON WG ROLL BAKED BEANS MIXED FRUIT	MACARONI PASTA SALAD WITH HAM & PEAS WG BREADSTICK WATERMELON	RAVIOLI & WG BREADSTICK GREEN BEANS PEACHES COOKIE	CRISPY CHICKEN BURGER ON WG BUN CARROT STICKS PEARS	CHEESE PIZZA, BROCCOLI APPLE
JUNE 12	JUNE 13	JUNE 14	JUNE 15	JUNE 16
CAESAR SALAD W/ CHICKEN STRIPS WG BREAD STICK PEACHES	TURKEY BLT & CHEESE ON WG ROLL CORN PEARS	CHEESE PIZZA VEGGIE STICKS WITH RANCH DRESSING FRUIT CUP	BREAKFAST ONLY - NO LUNCH SERVED TODAY. SCHOOL IS OUT AT 11:10 AM!	HAVE A SAFE AND HAPPY SUMMER!

SUMMER MEALS ARE BEING SERVED AT ELEVEN SITES IN OUR AREA
FROM JULY 10TH THROUGH AUGUST 18TH!
MEALS ARE FREE TO ALL KIDS AGE 18 AND UNDER!
VISIT WWW.RSU34.ORG FOR A LIST OF OUR SITES AND TIMES.



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.

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