

March

RSU #34

ALTON ELEMENTARY SCHOOL

Grades K - 3

MAR. 6 – MAR. 31, 2017



**MARCH IS NATIONAL NUTRITION MONTH:
FOCUS ON YOUR PHYSICAL FITNESS AND EATING NUTRITIOUS MEALS**

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



RSU 34 Foodservice...



Check out the School Breakfast

Menu:

Monday: WG Pop Tart or Cereal & Low Fat Cheese Stick

Tuesday: WG Pancake or Cereal & Low Fat Cheese Stick

Wednesday: WG Waffles or Cereal & Low Fat Cheese Stick

Thursday: WG Choc. Chip Muffin or Cereal & Low Fat Cheese Stick

Friday: WG Donut or Cereal & Low Fat Cheese Stick

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 Breakfast Program

Offer Vs. Serve (OVS)

- Minimum 4 items daily.
- Must prepare each of 3 required items in required amounts:
- Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)
- Students must have at least 3 items on tray at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable

MAR. 6	MAR. 7	MAR. 8	MAR. 9	MAR. 10
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	TURKEY & GRAVY GREEN BEANS DINNER ROLL PEARS	PIZZA TOSSED SALAD CANTALOUPE COOKIE
MAR. 13	MAR. 14	MAR. 15	MAR. 16	MAR. 17 🍌
B'FAST SANDWICH ON WG CROISSANT BAKED BEANS ORANGE SMILES	COYOTE CUB CHEESEBURGER STEAMED CARROTS GRAPES	SHEPHERD'S PIE WG BREAD STICK PEACHES	PULLED PORK & BAKED BEANS APPLE	FRENCH BREAD PIZZA, BROCCOLI STRAWBERRIES
MAR. 20	MAR. 21	MAR. 22	MAR. 23	MAR. 24
MINI RAVIOLI WG BREADSTICK GREEN BEANS ORANGE SMILES	MAC & CHEESE WITH HAM & PEAS PEACHES	MEXICALI TACO LUNCH BOAT CELERY STICKS & RANCH DIP FRUIT CUP	CHICKEN & GRAVY ROASTED POTATO WEDGES DINNER ROLL PEARS	CHEESE OR PEPPERONI PIZZA BROCCOLI TREES APPLE SLICES
MAR. 27	MAR. 28	MAR. 29	MAR. 30	MAR. 31
HAM & CHEESE ON A CROISSANT CARROTS GRAPES	CHICKEN NUGGETS WITH WAFFLE BROCCOLI TREES STRAWBERRIES	COYOTE CUB CHEESEBURGER BEAN & CORN SALAD FRUIT CUP	WG MOZZARELLA TWISTED BREADSTICKS APPLE SLICES	CHEESE OR PEPPERONI PIZZA CELERY STICKS & RANCH DIP ORANGE SMILES

**2016-2017 STAFF: GAIL JOHNSON
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, 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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