

March

RSU #34

VIOLA RAND 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 ½ 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 DINNER ROLL 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 & DIP FRUIT CUP	CHICKEN & GRAVY OTATO WEDGES DINNER ROLL PEARS	CHEESE OR PEPPERONI PIZZA BROCCOLI APPLE SLICES
 BOOK FAIR WEEK!!! 				
MAR. 27	MAR. 28	MAR. 29	MAR. 30	MAR. 31
CAMPFIRE ROASTED HAM & CHEESE ON A CROISSANT CARROTS GRAPES 	CHICKEN NUGGETS WITH RAINBOW TROUT GOLDFISH, BROCCOLI TREES STRAWBERRIES	COYOTE CUB CHEESEBURGER CAMPGROUND BEAN & CORN SALAD FRUIT CUP	WG MOZZARELLA TWISTED BREADSTICKS APPLE SLICES BEAR CRACKERS	CHEESE OR PEPPERONI PIZZA ANTS ON A LOG ORANGE SMILES TRAIL MIX

2016-2017 STAFF: KATI FRIESS

FOOD SERVICE DIRECTOR: STEPHANIE SALLEY, CLERK: KIM HAYWARD; 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.

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