



MAY IS NATIONAL SALAD MONTH!
WATCH YOUR SALAD BARS FOR SAMPLE SALADS TO TICKLE YOUR TASTE BUDS!

Every Day Choices: Peanut butter OR Sunbutter & Jelly Sandwich with Cheese Stick,
Salad Bar, & Milk (1%, Skim, FF Chocolate & FF Strawberry)
Lunch: \$2.85, Reduced Lunch: \$.40, Breakfast: \$1.50, Reduced Breakfast \$.00
EACH WEEK ONE OF THE FOLLOWING SANDWICH CHOICES WILL ALSO BE OFFERED:
HAM & CHEESE, TURKEY AND CHEESE OR CHICKEN SALAD

Check out the School Breakfast Menu:
Monday: WG Waffle
Tuesday: Frudel (Fruit filled strudel)
Wednesday: WG Doughnut
Thursday: WG Choc. Chip Muffin
Friday: Cereal
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.)

MAY 1	MAY 2	MAY 3	MAY 4	MAY 5
CHICKEN NUGGETS WITH WG WAFFLE	SLOPPY JOES ON WG BUN	BLUEBERRY YOGURT PARFAIT W/B'FAST ROUND	BEEFY NACHO CHEESE BOAT TORTILLA CHIPS	ASSORTED PIZZA
MAY 8	MAY 9	MAY 10	MAY 11	MAY 12
B'FAST SANDWICH ON WG CROISSANT	CHERRY BLOSSOM CHICKEN W/RICE	MACARONI & CHEESE	COYOTE BURGER ON WG BUN	ASSORTED PIZZA
MAY 15	MAY 16	MAY 17	MAY 18	MAY 19
CAESAR SALAD W/ CHICKEN STRIPS WG BREAD STICK	CHEESE FILLED BREAD STICKS WITH DIPPING SAUCE	BEEFY CHEESE NACHO TORTILLA BOAT	BREADED CHICKEN BURGER IN WG BUN	ASSORTED PIZZA
MAY 22	MAY 23	MAY 24	MAY 25	MAY 26
BLUEBERRY YOGURT PARFAIT W/B'FAST ROUND	POPCORN CHICKEN WITH WAFFLE	COYOTE CUB CHEESEBURGER	TURKEY BLT ON WG KAISER ROLL	ASSORTED PIZZA

2016-2017 STAFF: SAMANTHA DOWNS, JEN GRANHOLM, ERICA STRICKLAND & DANIELLE RACKLIFF
FOOD SERVICE DIRECTOR: STEPHANIE SALLEY, CLERK: KIM HAYWARD
FOOD SERVICE OFFICE: 207-827-3908

RSU 34 Food Service...

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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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