

RSU #34

VIOLA RAND ELEMENTARY SCHOOL

Grades K - 3

May 1 – May 26, 2017



MAY IS NATIONAL SALAD MONTH!

WATCH YOUR SALAD BARS FOR SAMPLE SALADS TO TICKLE YOUR TASTE BUDS!

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

Check out the School Breakfast Menu:

Monday: WG Pop Tart

Tuesday: WG Pancake

Wednesday: WG Waffles

Thursday: WG Choc. Chip Muffin

Friday: WG Donut

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 CARROTS ORANGE SMILES	SLOPPY JOES ON WG BUN CORN MELON	BLUEBERRY YOGURT PARFAIT W/B'FAST ROUND CUCUMBER WHEELS GRAPES	BEEFY NACHO CHEESE BOAT TORTILLA CHIPS REFRIED BEANS APPLE	CHEESE PIZZA TOSSED SALAD FRUIT CUP
MAY 8	MAY 9	MAY 10	MAY 11	MAY 12
B'FAST SANDWICH ON WG CROISSANT BAKED BEANS FRUIT CUP	CHERRY BLOSSOM CHICKEN W/RICE CARROTS ORANGE SMILES	MAC & CHEESE GREEN BEANS RED GRAPES COOKIE	COYOTE BURGER ON WG BUN CORN GRAPES	FRENCH BREAD PIZZA, BROCCOLI APPLE
MAY 15	MAY 16	MAY 17	MAY 18	MAY 19
CAESAR SALAD W/ CHICKEN STRIPS WG BREAD STICK APPLE	CHEESE FILLED BREAD STICKS WITH DIPPING SAUCE GREEN BEANS MELON SLICE	BEEFY CHEESE NACHO TORTILLA BOAT REFRIED BEANS BANANA	BREADED CHICKEN BURGER IN WG BUN CUCUMBER WHEELS BLUEBERRIES & CREAM	BREAKFAST PIZZA SIDE SALAD ORANGE SMILES
MAY 22	MAY 23	MAY 24	MAY 25	MAY 26
BLUEBERRY YOGURT PARFAIT W/B'FAST ROUND CARROTS GRAPES	POPCORN CHICKEN WITH WAFFLE BROCCOLI TREES STRAWBERRIES	COYOTE CUB CHEESEBURGER BEAN & CORN SALAD FRUIT CUP	TURKEY BLT ON WG KAISER ROLL APPLE SLICES	CHEESE OR PEPPERONI PIZZA CELERY & DIP ORANGE SMILES

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.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.