



RSU #34
VIOLA RAND ELEMENTARY SCHOOL
 Grades K - 3
 OCT. 31 – DEC. 2



Every Day Choices: Sunbutter & Jelly with Cheese,
 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

OCT. 31	NOV. 1	NOV. 2	NOV. 3	NOV. 4
BAGEL, YOGURT CHEESE STICK GRAPE TOMATOES FRESH APPLE	CHICKEN DRUMMIES BREADED CHEESE STICKS BAKED BEANS OR FRESH BROCCOLI GRAPES	RAVIOLI WITH SAUCE CUCUMBER SLICES PEACHES	TURKEY BLT ON W/ G KAISER ROLL HASHBROWN POTATOES PEARS	BREAKFAST PIZZA, TOSSED SALAD PINEAPPLE
NOV. 7	NOV. 8	NOV. 9	NOV. 10	NOV. 11
MACARONI & CHEESE FRESH BROCCOLI FRESH APPLE	POPCORN CHICKEN MASHED POTATOES & GRAVY RED GRAPES	COYOTE CUB CHEESEBURGER W/ SWEET POTATO FRIES ORANGE SMILES	PIZZA BAGELS GREEN BEANS PINEAPPLE	VETERANS' DAY 
NOV. 14	NOV. 15	NOV. 16	NOV. 17	NOV. 18
EGG & CHEESE CROISSANT STEAMED CARROTS GRAPES	W/ G MOZ FILLED TWISTED BREADSTICKS BEAN SALAD ORANGES	CHICKEN NUGGETS WITH WAFFLE, GREEN BEANS PEACHES	TURKEY MASHED POTATOES CARROTS & GRAVY APPLE CRISP	CHEESE OR PEPPERONI PIZZA FRESH BROCCOLI PINEAPPLE
NOV. 21	NOV. 22	NOV. 23	NOV. 24	NOV. 25
FRUIT & YOGURT PARFAIT, CINNAMON B'FAST ROUNDS CARROTS PEACHES	CHICKEN PATTY ON W/ G ROLL WAFFLE FRIES PEARS			
NOV. 28	NOV. 29	NOV. 30	DEC. 1	DEC. 2
CHEESE QUESADILLA BROCCOLI PEACHES	POPCORN CHICKEN MASHED POTATOES & GRAVY RED GRAPES	COYOTE CUB CHEESEBURGER W/ SWEET POTATO FRIES ORANGE SMILES	TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SLICES APPLE	BREAKFAST PIZZA, TOSSED SALAD PINEAPPLE

2016-2017 STAFF:
DIRECTOR: STEPHANIE SALLEY, CLERK: KIM HAYWARD
KITCHEN STAFF: KAREN RICHARD
OFFICE PHONE: 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.

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.