



RSU #34

LEONARD MIDDLE SCHOOL

Grades 6 - 8

OCT. 3 - OCT. 27



Every Day Choices: Sunbutter & Jelly with Cheese,

A full Salad Bar that includes a selection of fruits and vegetables for all grades, Milk (1%, Skim or FF Chocolate)

Lunch: \$2.85, Reduced Lunch: \$.40, Breakfast: \$1.50, Reduced Breakfast: \$.00

OCT. 3	OCT. 4	OCT. 5	OCT. 6	OCT. 7
BAGEL, YOGURT CHEESE STICK	TERIYAKI CHICKEN WITH RICE,	RAVIOLI WITH SAUCE	CROISSANT BREAKFAST SANDWICH	CHEESE CALZONE
OCT. 10	OCT. 11	OCT. 12	OCT. 13	OCT. 14
COLUMBUS DAY NO SCHOOL 	CHICKEN NUGGETS WITH WAFFLE	POPCORN CHICKEN W/ MASHED POTATOES, GRAVY	RIB - E - QUE SANDWICH	CHEESE QUESADILLA,
OCT. 17	OCT. 18	OCT. 19	OCT. 20	OCT. 21
MEATLESS VEGGIE CHILI WITH CHEESE AND TATER TOTS	COYOTE CUB CHEESEBURGER	MACARONI & CHEESE	CHICKEN NUGGETS AND WAFFLE	FLATBREAD PIZZA
OCT. 24	OCT. 25	OCT. 21	OCT. 26	OCT. 27
FRUIT & YOGURT PARFAIT WITH CINNAMON B'FAST ROUNDS	CHICKEN TORTILLA SOUP	CHICKEN DRUMMIES AND WAFFLE	SHEPHERDS' PIE BREAD STICK	CHEESE CALZONE

2016-2017 STAFF:

DIRECTOR: STEPHANIE SALLEY
CLERK: KIM HAYWARD
KITCHEN MANAGER: KIM BARNES
KITCHEN STAFF: MICHELLE SHOREY,
SANDRA WAY, GAIL JOHNSON & KATI FRIESS

"If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again." ~ Flavia Weeden

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.

RSU 34 FOOD SERVICE