



RSU #34

VIOLA RAND ELEMENTARY SCHOOL

Grades K - 3

OCT. 3 – OCT. 27

Why it's good to walk to School?

It's fun – you can meet friends and see things you would miss in a car



It's good for the environment

It's a healthier alternative than driving

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. 3	OCT. 4	OCT. 5	OCT. 6	OCT. 7
BAGEL, YOGURT CHEESE STICK GRAPE TOMATOES PINEAPPLE	ORANGE CHICKEN STIR FRY WITH RICE, GREEN PEAS APPLE	RAVIOLI WITH SAUCE CELERY STICKS W/ RANCH DIP WATERMELON	CROISSANT BREAKFAST SANDWICH, BAKED BEANS & CANTALOUPE	 CHEESE PIZZA, TOSSED SALAD ORANGE SMILES
OCT. 10	OCT. 11	OCT. 12	OCT. 13	OCT. 14
COLUMBUS DAY NO SCHOOL 	CHICKEN NUGGETS WITH WAFFLE, CARROT STICKS KIWI	POPCORN CHICKEN W/ MASHED POTATOES, GRAVY WATERMELON	RIB - E - QUE SANDWICH WITH BAKED BEANS APPLE	CHEESE OR PEPPERONI PIZZA TOSSED SALAD GRAPES
OCT. 17	OCT. 18	OCT. 19	OCT. 20	OCT. 21
MEATLESS VEGGIE CHILI TORTILLA CHIPS WATERMELON	COYOTE CUB CHEESEBURGER W/ SWEET POTATO FRIES ORANGE SMILES	MACARONI & CHEESE GREEN PEAS FRESH APPLE	CHICKEN NUGGETS BAKED BEANS OR CORN AND PINEAPPLE	CHEESE OR PEPPERONI PIZZA GREEN BEANS PINEAPPLE
OCT. 24	OCT. 25	OCT. 21	OCT. 26	OCT. 27
FRUIT & YOGURT PARFAIT, CINNAMON B'FAST ROUNDS CARROTS	PIZZA MUNCHABLE MEAL WITH FRUIT AND VEGGIES	CHICKEN DRUMMIES W/CRACKERS, CARROTS STICKS & APPLE	SHEPHERDS' PIE BREAD STICK MIXED FRUIT CUP W G COOKIE	CHEESE PIZZA WITH FRESH BROCCOLI AND ORANGE SMILES

2016-2017 STAFF:

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



Be A Caring Friend

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