




RSU #34
VIOLA RAND ELEMENTARY SCHOOL
GRADES PRE-K - 2
OCT. 4 – OCT. 27, 2017



Every Day Choices: Sun Butter & 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

FOOD SERVICE ASSISTANT: GAIL JOHNSON

OCT 2	OCT 3	OCT 4	OCT 5	OCT 6
BAKED MAC & CHEESE DINNER ROLL BAKED BEANS PEACHES	CHICKEN NUGGET & WQ WAFFLE BUTTERNUT SQUASH MELON SLICES	CHEESEBURGER ON WQ ROLL OVEN BAKED FRENCH FRIES APPLE CRISP	HAM & CHEESE ON WQ ROLL CUCUMBER STICKS W/DIP MIXED FRUIT	CHEESE PIZZA FRESH GARDEN SALAD RED SEEDLESS GRAPES
OCT 9	OCT 10	OCT 11	OCT 12	OCT 13
 NO SCHOOL	BREAKFAST SANDWICH BEETOLOGY SALAD MIXED FRUIT	SHEPHERDS' PIE WQ BREADSTICK MANDARIN ORANGES SUGAR COOKIE	ALL BEEF FRANKS ON WQ BUN BAKED BEANS PINEAPPLE	QUESADILLA PIZZA FRESH BROCCOLI MELON
OCT 16	OCT 17	OCT 18	OCT 19	OCT 20
COYOTE CUB BURGER GREEN BEANS MANDARIN ORANGES	CHICKEN SALAD SANDWICH SWEET POTATO FRIES MELON SLICES	PULLED PORK SANDWICH BAKED BEANS PINEAPPLE CARROT CAKE	POTATO WEDGE NACHOS WQ SOFT PRETZEL PINEAPPLE	CHICKEN BACON RANCH PIZZA FRESH GARDEN SALAD PEACHES
OCT 23	OCT 24	OCT 25	OCT 26	OCT 27
TURKEY BLT ON WQ ROLL OVEN ROASTED VEGGIES GRAPES	TACO SALAD TORTILLA CHIPS MANGO SALSA TRI-COLOR SLAW PINEAPPLE	SPAGHETTI AND MEATBALLS SWEET CORN APPLE CHOCOLATE CHIP COOKIE	ROASTED PORK MASHED POTATOES AND GRAVY DINNER ROLL MELON SLICE	CHEESE PIZZA FRESH GARDEN SALAD FRUIT CUP

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.

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