

# Viola Rand School

***Caring***  
***Respect***  
***Responsibility***  
***Knowledge***

## MEAL PRICING:

Lunch Full Price \$2.65  
 Reduced Lunch Price \$0.40  
 Milk Only \$0.50

## LUNCH Menu

## September 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Sept. 3-7	Labor Day – No School	Chicken Nuggets WG Waffle Baby Carrots Apple	Cheeseburger on WG Roll Oven Baked Fries Mandarin Oranges	Ham & Cheese on WG Roll Cucumbers Mixed Fruit	Pizza Broccoli Melon Slice
<b>2</b> Sept. 10-14	Cheese Filled Breadstick w/Sauce Tossed Salad Apple Milk	Beef Frank on WG Roll Baked Beans Blueberries	Shepherds' Pie WG Breadstick Orange	**Popcorn Chicken WG Crackers Green Beans Peaches**	Quesadilla Carrots Grapes
<b>**Thurs., Sept. 13 is Try-It-Thursday! Broccoli Slaw with Apple Cider Dressing! Try it! You'll like it!**</b>					
<b>3</b> Sept. 17-21	Bagel with Cream Cheese Yogurt Cheese Stick Green Beans Grape Juice	Ham & Cheese on WG Roll Baked Beans Apple	Chicken Nuggets Mashed Potato Peaches Crackers	Macaroni & Cheese WG Biscuit Broccoli Raisins	Pizza Kiwi Carrots
<b>4</b> Sept. 24-28	WG Pancake Sausage Hash brown Grapes	Hot Meatball Sub Red pepper Strips Pears	Taco Salad WG Tortilla Chips Refried Beans Orange	Pizza Munchable Cucumbers Applesauce	Quesadilla Tossed Salad Pineapple

## OTHER DAILY OPTONS:

Sun Butter & Jelly with listed fruits, veggies and milk may be chosen instead of the listed menu item.  
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Breakfast is free to all students who are eligible for free or reduced meals. Breakfast is \$1.50 for all other students and \$1.75 for adults.  
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### Nutrition Notes:

All bread and cracker grains are whole grain rich (at least 50% whole grain). Students are offered five meal components, and must choose at least three for their lunch tray. **All menus are subject to change and substitutions may be made as necessary and without notice.**

### How to Contact Us...

**Special Documented Dietary Needs? Need assistance with application forms?**

**Need to know what your child's balance is? Just have an odd question about school breakfast or lunch? Give us a call...**

Contact Information for the Food Service Office: Ph: 207-827-3908

Stephanie Salley, Food Service Director; email: stephanie.salley@rsu34.org

Kim Hayward, Food Service Clerk; email: kim.hayward@rsu34.org

### Beat the Rush! Apply Early!

<https://www.nlappscloud.com/Welcome.aspx?api=aab01a0b72f7e25dd4fc2c31c126f8b4#loaded>

RSU #34 Food Service does not operate for profit. **Please keep your student's accounts paid ahead, or current.**

Account transactions and balances are available at [www.myschoolbucks.com](http://www.myschoolbucks.com), or by calling the Food Service office (827-3908). In accordance with the RSU 34 Charging Policy (Policy EFD - AVAILABLE AT [WWW.RSU34.ORG](http://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 the time to read the policy.

### Other Miscellaneous Notes:

For menus, Free and Reduced Meal applications, and other Food Service related information, you can go to our web page at

[www.rsu34.org/Menus/default.htm](http://www.rsu34.org/Menus/default.htm)

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating based on 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.