



RSU #74 LUNCH MENU

JANUARY 2018



	Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">All Menus Subject To Change Without Notice</p>	<p>HOLIDAY <i>No School</i></p>	<p>2</p> <p style="text-align: center;">Chicken Fajitas Spanish Rice w/*Black Beans Whole Kernel Corn *Applesauce Cup</p>	<p>3</p> <p style="text-align: center;">Hearty Mac & Cheese Diced Ham Steamed Broccoli School Made Roll *Fruit Medley-Pears</p>	<p>4</p> <p style="text-align: center;">Fish Fillet & Cheese on WG Bun Cup of Tomato Soup Glazed Carrots Fresh Banana</p>	<p>5</p> <p style="text-align: center;">School made Hamburg or Veggie Pizza Corn Chips & *Hummus *Tossed Salad w/Romaine Raisins, Gingerbread Cake</p>
<p style="text-align: center;">All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.</p>	<p>8</p> <p style="text-align: center;">Chicken Stir Fry w/ Steamed Fluffy Rice Green Beans WW Breadstick *Mandarin Oranges</p>	<p>9</p> <p style="text-align: center;">Big Mac Burger Bar Crispy French Fries Creamy Coleslaw Snappy Red Grapes</p>	<p>10</p> <p style="text-align: center;">Pork Roast & Gravy Creamy Mashed Potato Steamed Carrots School made Oatmeal Roll Melon Wedge</p>	<p>11</p> <p style="text-align: center;">Turkey Tacos w/vegs on WG Shell *Cup of Baked Beans Whole Kernel Corn Craisins, Pudding</p>	<p>12</p> <p style="text-align: center;">Cooks Homemade Chicken Noodle Soup Toasted Cheese Broccoli Northstar Orchard Apple</p>
<p>BREAKFAST PRICES <i>All Students—FREE Adults \$1.00</i></p> <p>LUNCH PRICES <i>All Students—FREE Adults \$4.50</i></p>	<p>HOLIDAY <i>No School</i></p>	<p>16</p> <p style="text-align: center;">*NE Style Baked Beans Frank in WG Roll Pickled Beets *Diced Pears</p>	<p>17</p> <p style="text-align: center;">Homemade Meat Loaf Spanish Rice Green Peas WW School made Roll *Orange Smile</p>	<p>18</p> <p style="text-align: center;">Turkey & Gravy Mashed Potatoes & Stuffing Warm Biscuit Sweet Winter Squash *Applesauce</p>	<p>19</p> <p style="text-align: center;">School made Hawaiian or Veggie Pizza Tiny Pretzels *Tossed Salad w/Spinach Raisins, Spice Cake</p>
<p style="text-align: center;">The USDA and this institution are equal opportunity employers & providers.</p>	<p>22</p> <p style="text-align: center;">American Chop Suey WW Breadstick Cheese Stick Garlic Green Beans *Diced Peaches</p>	<p>23</p> <p style="text-align: center;">Turkey Pot Pie WG Biscuit, Broccoli Cooks Homemade Cranberry Sauce Melon Cubes</p>	<p>24</p> <p style="text-align: center;">Ham Tetrazzini Sweet, Glazed Carrots School made WW Roll Petite Banana</p>	<p>25</p> <p style="text-align: center;">Chicken Burger on Bun Cup of Warm *Chili Crispy Potato Wedges Trail Mix</p>	<p>26</p> <p style="text-align: center;">BBQ Pork Hogie Tossed Salad w/Spinach Frito Corn Chips Northstar Orchard Apple Mixed Fruit Crisp</p>
<p>* indicates a fruit or vegetable offering that gets you a square on the November Pick a Better Snack BINGO Game Card</p>	<p>29</p> <p style="text-align: center;">BREAKFAST for LUNCH Scrambled Eggs w/Cheese Diced Ham, Warm Croissant Seasoned Hash Brown Potatoes *Strawberry Slices</p>	<p>30</p> <p style="text-align: center;">Shepherd's Pie Warm Dinner Roll Green Peas & Carrots *Fruit Medley-Pears</p>	<p>31</p> <p style="text-align: center;">Chicken Divan w/Broccoli Cheese Stick School made Yeast Roll Diced Beets *Tangy Tangerine</p>	<p>1</p> <p style="text-align: center;">Cup of Tomato Soup Tuna Italian Whole Kernel Corn Green Grapes</p>	<p>2</p> <p style="text-align: center;">School made Chicken & Spinach or Veggie Pizza Corn Chips & *Hummus *Tossed Salad w/Romaine Craisins Maine Blueberry Cake</p>

Alternate Choice Sandwich Menu: *Monday*-PB & Jelly *Tuesday*-Tuna Salad *Wednesday*-Turkey Roast or Chicken Salad *Thursday*-Pork Roast or Ham Salad
Friday-Various Selections