



RSU #74 LUNCH MENU

JANUARY 2019



	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice		1 <i>HOLIDAY</i> <i>No School</i> 	2 Hearty Chicken Vegetable Soup Cheese Cubes, WG Biscuit Mixed Vegetables Diced Peaches	3 Creamy Mac & Cheese with Diced Ham Steamed Carrots School Made Oatmeal Roll Petite Banana	4 School made Hamburg or Veggie Pizza Tortilla Chips & Hummus Tossed Salad w/Spinach NorthStar Orchard Apple
All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	7 Chicken Stir Fry w/ Steamed Fluffy Rice Green Beans WW Breadstick Mandarin Oranges	8 WW Pancakes w/ Warm Apple Topping Sausage Patty Sweet Potato Bites Fruit Medley-Pears	9 Shepherd's Pie Schoolmade Yeast Roll Steamed Broccoli Snappy Grapes	10 Chicken Taco on Wrap Spanish Rice Sweet Corn Applesauce	11 BBQ Pork Sandwich Cup of Baked Beans Schoolmade Coleslaw Melon Wedge Warm Gingerbread Cake
BREAKFAST PRICES <i>All Students—FREE</i> <i>Adults \$1.00</i> LUNCH PRICES <i>All Students—FREE</i> <i>Adults \$4.50</i>	14 Sloppy Joes on Bun Oven Baked Fries Green Peas Diced Pears	15 Chicken Divan w/Broc. Cheese Stick School made Yeast Roll Glazed Carrots Mixed Berry Cup	16 <i>BREAKFAST for LUNCH</i> Scrambled Eggs w/Cheese & Diced Ham in WG Wraps Seasoned Hash Brown Potatoes Salsa & Petite Banana	17 NE Style Baked Beans Frank in WG Roll School made Coleslaw Diced Peaches	18 School made Ham or Veggie Pizza, Corn Chips Tossed Salad w/Romaine NorthStar Orchard Apple Blueberry Cake
The USDA and this institution are equal opportunity employers & providers.	21 HOLIDAY <i>No School</i>	22 Tomato Soup Toasted Cheese Sandwich Green Beans Craisins	23 <i>Early Dismissal</i> Ham Italians Pasta Salad, Pickles Carrot Sticks Orange Smiles	24 Turkey & Gravy Mashed Potatoes & Stuffing Warm Biscuit Steamed Broccoli Applesauce Cup	25 Hamburger on Bun Cup of Baked Beans Sweet Potato Fries Whole Kernel Corn Strawberries & Yogurt
	28 Ground Beef Stroganoff with Egg Noodles WG Dinner Roll Green Peas Diced Pears	29 Teriyaki Chicken Strips Vegetable Fried Rice Garlic Breadstick Mixed Vegetables Melon Cubes	30 Ham Tetrizzini Green Beans School made WW Roll Mixed Fruit-Peaches	31 Cheeseburger on Bun Cup of Warm White Chili Crispy Swt Potato Wedges Trail Mix	1 School made Big Mac & Veggie Pizza Tiny Pretzels Tossed Salad w/Romaine NorthStar Orchard Apple

**ALTERNATE CHOICE
PROVIDED EACH DAY**

Monday-PB & Jelly
 Tuesday-Tuna Salad
 Wednesday- Chicken Salad
 Thursday-Pork Roast or Ham Salad
 Friday-Various Selections