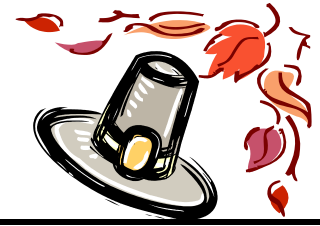


# RSU #74 LUNCH MENU

## NOVEMBER 2017



	Mon	Tue	Wed	Thu	Fri
<b>All Menus Subject To Change Without Notice</b>	<b>All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.</b>		1 Homemade Meat Loaf Mashed Potato & Gravy Spinach Salad Warm Yeast Roll Cantaloupe Wedge	2 Baked Ham w/Cranberries Egg Noodles w/Alfredo Sauce * Green Beans Breadstick & Banana	3 Chicken Fajitas w/Black Bean Salsa Oven Baked Fries * Sweet Corn * Mandarin Oranges, Jello
<b>BREAKFAST PRICES</b> <i>All Students—FREE</i> <i>Adults \$1.00</i> <b>LUNCH PRICES</b> <i>All Students—FREE</i> <i>Adults \$4.50</i>	6 Cheeseburger on Bun Cup of Baked Beans Pickles & Olives * Applesauce	Chicken Penne Cheese Stick School mde WW Roll Tossed Salad w/Romaine * Mixed Fruit-Pears	8 Turkey Tacos on wrap or Crunchy Shell Black Bean Salsa Steamed Broccoli *Ruby Red Grapes	9 <b>Early Dismissal</b> Tuna Italians * Veggie Sticks Tiny Pretzels *Craisins	10  ~ <b>NO SCHOOL</b> ~ <i>Veteran's Day</i>
	13 Tomato Soup Toasted Cheese Sandwich * Whole Kernel Corn Trail Mix	14 Pork Stir Fry w/ Steamed Fluffy Rice *Diced Carrots WW Breadstick * Pineapple Tidbits	15 American Chop Suey School made Oatmeal Roll * Garlic Green Beans Petite Banana	16 Turkey with Gravy Mashed Potatoes, Stuffing Breadstick, * Creamy Winter Squash * School made Cranberry Sauce Fruit Crisp w/topping	17 School made Ham & Veggie Pizza Corn Chips & Hummus Tossed Salad w/Romaine NorthStar Orchard Apple
<b>The USDA and this institution are equal opportunity employers &amp; providers.</b>	20 Meatball Sub on Roll Cup of Baked Beans Green Peas Orange Smiles	21 Chicken a la King Served on Warm Biscuit Broccoli w/Cheese Sauce *Diced Peaches Thanksgiving Cake	22  ~ <b>N O S C H O O L</b> ~ <i>T h a n k s g i v i n g B r e a k</i>	23	24
<i>* indicates a fruit or vegetable offering that gets you a square on the November Pick a Better Snack BINGO Game</i>	27 WW Pancakes w/Warm Blueberry Topping Sausage Patty * Swt Potato Bites *Raisins	28 Turkey Taco Bake Mexican Bean Salad Tortilla Chips & Salsa * Pineapple Wheel	29 Shepherd's Pie School made Roll * Stewed tomatoes Melon Wedge	30 Teriyaki Chicken Strips Vegetable Fried Rice Garlic Breadstick Asian Coleslaw * Mandarin Oranges	1 School made Big Mac Pizza Goldfish Tossed Salad w/Romaine NorthStar Orchard Apple

\*\*\*\*PLEASE NOTE CHANGES IN DAILY SANDWICH OFFERINGS \*\*\*\*

**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