




RSU #74 LUNCH MENU

OCTOBER 2017



	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice	2 Cheeseburger on Bun Cup of Baked Beans Glazed Carrots Applesauce	3 Chicken Divan Cheese Stick, WG Biscuit Tossed Salad w/Romaine Pickle Spear Mixed Fruit-Pears	4 Crispy Fish Sticks Garlic Mashed Potato Warm Oatmeal Roll Green Beans Orange Smiles	5 Pork Stir Fry w/ Steamed Fluffy Rice Steamed Broccoli WW Breadstick Trail Mix , Blueberry Crisp	6 ~ NO SCHOOL ~ <i>Workshop Day</i>
BREAKFAST PRICES <i>All Students—FREE</i> <i>Adults \$1.00</i> LUNCH PRICES <i>All Students—FREE</i> <i>Adults \$4.50</i>	9 <i>Columbus Day Holiday</i> NO SCHOOL	10 Baked Beans Franks in WG Roll Creamy Coleslaw Diced Peaches	11 Shepherd's Pie School made Roll Green Peas Snappy Grapes	12 BBQ Chicken Rice Pilaf WG Biscuit Steamed Carrots Pineapple Tidbits	13 School made Buffalo Chicken & Veggie Pizza Tiny Pretzels Tossed Salad w/Romaine NorthStar Orchard Apple PB Brownie
All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	16 Krispy Chicken Nuggets Creamy Mashed Potato WG Breadstick Spinach Salad Mandarin Oranges	17 Mac & Cheese Diced Ham Warm Dinner Roll Tender Brussel Sprouts Banana	18 Turkey Burger on Bun Cup of Baked Beans Carrot Sticks & Dip Craisins	19 Pork Pot Pie & Gravy Mashed Potato Steamed Broccoli WG Biscuit Melon Cubes	20 Pasta with Meat Sauce Green Beans School made Roll Mixed Fruit-Pears Pudding
The USDA and this institution are equal opportunity employers & providers.	23 Turkey Taco w/Vegs Steamed Brown Rice Refried Beans, Corn Trail Mix	24 Cooks Homemade Soup Pork Open Face Sandwich on Biscuit Celery Sticks Orange Wedge	25 Ground Beef Stroganoff with Egg Noodles Glazed Carrots WG Oatmeal Roll Diced Peaches	26 Chicken Burger on Bun Cup of Baked Beans Pickled Beets Tangy Kiwi	27 School made Mexican Taco & Veggie Pizza Tortilla Chips & Salsa Tossed Salad w/Romaine NorthStar Orchard Apple Blueberry Cake
ALTERNATE CHOICE PROVIDED EACH DAY	30 WW Pancakes w/Warm Blueberry Topping Sausage Patty Swt Potato Bites Cinnamon Applesauce	31 Turkey Italians Pasta Salad Cherry Tomatoes Perfect Plum 	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

Alternate Choice Sandwich Menu: Monday-PB & Jelly Tuesday-Tuna Wednesday-Turkey Thursday-Ham Friday-Variou Selections