

RSU 19 K-8

MAY 2017

Variety of 1% low fat or fat free Milk served daily

Menus Are Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 (m,wg)Tuna Salad Sandwich (av)Green beans (av)Cole Slaw (f)Fresh Apple	2 (m)Chickenburger on (wg)HB bun (b)2 Bean Salad(kidney, Garbanzo) (sv)Potato Puffs (f)Peaches	3 (m,ma,rv)Pasta with Meatsauce (gv)Caesar Salad (wg)Garlic stick Fresh banana	4 (m)Sweet & Sour Pork (g)over rice (wg)Dinner Roll (gv)Steamed Broccoli (f)Pineapple tidbits	5 (m,ma,wg,rv)Ham Pizza or Cheese Pizza (ov)Steamed Carrots (f)Pears
8 (m,ma)Chicken Fajita with peppers & onions on (wg)Hot Dog Bun (b)Refried Beans (av)Steamed Corn (f)Peaches	9 (m,ma)Cheeseburger on (wg)HB Bun (sv)French Fries (gv)Steamed Broccoli (f)Mandarin Oranges	10 (m)Chicken Dinner (av)mashed potato w /gravy (wg)Dinner roll (ov)Squash (av)Peas (f)Fresh Apple	11 (m)Pulled Pork on (wg)HB Bun (av)Cole Slaw (b)Baked Navy Beans (f)Fresh Grapes	12 (m,wg)Chicken Nuggets (m,ma)Mac & Cheese (gv)Steamed Spinach (ov)Baby Carrots & lite dressing (f)Pineapple Tidbits
15 (m,wg)Tuna Salad Sandwich (rv,av)Pasta Salad (ov)Steamed Carrots (f)Pears	16 (m)Chickenburger on (wg)HB bun (av)Green beans (sv)French fries (f)Peaches	17 (m,ma,rv)Pasta with Meatsauce (gv)Caesar Salad (b)2 Bean Salad (kidney, garbanzo) (wg)garlic stick (f)Fresh Apple	18 (m)Pork Dinner (av)Mashed Potato with Gravy (av)Peas (ov)Squash (wg)Dinner roll (f)Fresh Banana	19 (m,ma,rv,wg)Ham or Cheese Pizza (gv)Steamed broccoli (f)Mandarin Oranges
22 (m,av)Chicken Fajita with peppers & onions on a (wg)hot dog bun (b)Refried Beans (av)Steamed Corn (f)pears	23 (m,ma)Cheeseburger on (wg)HB bun (sv)Potato Puffs (g)Broccoli (f)Mandarin Oranges	24 (m)Pulled Pork on (wg)HB Bun (b)Baked Navy Beans (gv)Caesar Salad (f)Peaches	25 (m)Chicken Salad on (wg)HB Bun (ov)Baby Carrots with Lite dressing (f)Fresh Apple	26 The Maine Dept of Education and the USDA is an Equal Opportunity Provider & Employer NO SCHOOL
29 MEMORIAL DAY	30 (m)Chickenburger on (wg)HB bun (gv)Steamed Broccoli (sv)French fries (f)Peaches	31 (m,ma,rv,av)Turkey Italians (wg)on HB Bun (gv)Caesar Salad (f)Mandarin Oranges	1 (m,ma,wg)Beef Nacho's (b)Refried Beans (av)Steamed Corn (rv)Salsa (gv,rv)lettuce & tomatoes (f)Fresh Banana	2 (m,wg)Chicken Nuggets (ma)Mac & Cheese (ov)Steamed Carrots (f)Pears

A second choice of a toasted Cheese Sandwich is served daily.

(M,MA) =meat, meat alternate (WG) = whole grain (GV) =green veg (OV) =orange/red veg (SV) = starchy veg
(B) = beans/legumes (AV) = additional veg (F) = fruit