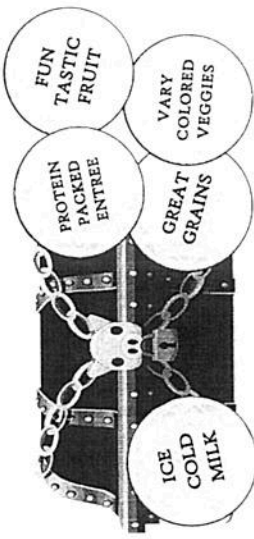


NUTRITIN

Regional School Unit Thirteen
Elementary & Middle



GRAB ALL FIVE OF THESE TREASURES TO MAKE A COMPLETE MEAL



MINIMUM MEAL REQUIREMENTS: YOU MUST TAKE A FRUIT OR VEGETABLE AND TWO MORE ITEMS FROM SEPARATE FOOD GROUPS

DAILY DELIGHTS

KINDER to EIGHTH SIXTH to EIGHTH

- FRESH CHEF'S SALAD & WHOLE GRAIN PUMPKIN BREAD
- CREAMY PEANUT BUTTER & JELLY ON WHOLE GRAIN BREAD
- TUESDAY - TASTY TUNA SANDWICH
- FRESH SUBS & DELI SANDWICHES ON WHITE & WHOLE GRAIN
- FRUIT & VANILLA YOGURT & WHOLE GRAIN PUMPKIN BREAD
- BAGEL & CREAMY PEANUT BUTTER

FREE BREAKFAST (PRE K-5)
FREE LUNCH (PRE K-5)
BREAKFAST FULL PRICE (6-8) \$ 1.50
BREAKFAST REDUCED (6-8) FREE
LUNCH FULL PRICE (6-8) \$ 3.00
LUNCH REDUCED (6-8) \$ 0.40
ADDITIONAL ENTRE \$ 1.50
ADDITIONAL SIDE \$ 0.50
MILK CARTON \$ 0.50

MENU MAY CHANGE WITHOUT NOTICE
NO CHARGING A LA CARTE ITEMS
NUTRITION FACTS AT RSU13.ORG
QUESTIONS - CHBUTLER@RSU13.ORG
THE MAINE DEPARTMENT OF EDUCATION & THE USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMEMADE BANANA BREAD ASSORTED LOW SUGAR CEREALS FRUIT & MILK	BAGEL AND CREAM CHEESE ASSORTED LOW SUGAR CEREALS FRUIT & MILK	HOMEMADE PUMPKIN BREAD ASSORTED LOW SUGAR CEREALS FRUIT & MILK	HONEY BAKED CHEX ASSORTED LOW SUGAR CEREALS FRUIT & MILK	HOMEMADE BLUEBERRY BREAD ASSORTED LOW SUGAR CEREALS FRUIT & MILK

FEBRUARY LUNCH

5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
BAKED CRISPY CHICKEN TENDERS PASTA SALAD FRESH BROCCOLI TOPS PEARS	ITALIAN DUNKERS WITH MARINARA MEAT SAUCE FRESH GARDEN SALAD RAISINS CHOCOLATE FUDGE BROWNIE	SUPER SOFT PANCAKES & SYRUP BREAKFAST HAM OVEN ROASTED MINI HASHBROWNS WILD MAINE BLUEBERRIES	CHEEZ BURGER PIZZA CHEESE PIZZA FRESH BABY CARROTS & CREAMY HUMMUS FRUIT COCKTAIL	CANADIAN BACON, EGG & CHEESE ON AN ENGLISH MUFFIN OVEN ROASTED MINI HASHBROWNS STRAWBERRIES	ROAST PORK & GRAVY WITH MASHED POTATOES AND STUFFING SUPER SOFT ROLL STEAMED CORN CRANBERRY SAUCE	CRUNCHY BEEF TACOS REALLY NICE RICE FRESH BROCCOLI TOPS FRESH BANANA CHOCOLATE CAKE	BAKED CRISPY CHICKEN BURGER FRESH BABY CARROTS & CREAMY HUMMUS FRESH ORANGE	SPAGHETTI AND MEATBALLS BREADSTICK FRESH GARDEN SALAD PEARS	GRUYERE BEEF TACOS REALLY NICE RICE FRESH BROCCOLI TOPS FRESH BANANA CHOCOLATE CAKE	BELGAIN WAFFLE & SYRUP STRAWBERRY YOGURT STRING CHEESE OVEN ROASTED HOMEFRIES WILD MAINE BLUEBERRIES	ROAST TURKEY & GRAVY WITH MASHED POTATOES AND STUFFING SUPER SOFT ROLL STEAMED CARROTS CRANBERRY SAUCE	HAWAIIAN PIZZA CHEESE PIZZA STEAMED CORN FRUIT COCKTAIL	CLASSIC CHEESE BURGER FRESH BABY CARROTS & CREAMY HUMMUS APPLE SAUCE	BAKED CRISPY CHICKEN TENDERS PASTA SALAD FRESH BROCCOLI TOPS PEARS	SPAGHETTI AND MEATBALLS BREADSTICK FRESH GARDEN SALAD PEARS	CRUNCHY BEEF TACOS REALLY NICE RICE FRESH BROCCOLI TOPS FRESH BANANA CHOCOLATE CAKE	BELGAIN WAFFLE & SYRUP STRAWBERRY YOGURT STRING CHEESE OVEN ROASTED HOMEFRIES WILD MAINE BLUEBERRIES	ROAST PORK & GRAVY WITH MASHED POTATOES AND STUFFING SUPER SOFT ROLL STEAMED CARROTS CRANBERRY SAUCE	SCHOOL VACATION	SCHOOL VACATION	SCHOOL VACATION	HAWAIIAN PIZZA CHEESE PIZZA STEAMED CORN FRUIT COCKTAIL	CLASSIC CHEESE BURGER FRESH BABY CARROTS & CREAMY HUMMUS APPLE SAUCE	BAKED CRISPY CHICKEN TENDERS PASTA SALAD FRESH BROCCOLI TOPS PEARS	ITALIAN DUNKERS WITH MARINARA MEAT SAUCE FRESH GARDEN SALAD RAISINS CHOCOLATE FUDGE BROWNIE	SUPER SOFT PANCAKES & SYRUP BREAKFAST HAM OVEN ROASTED MINI HASHBROWNS WILD MAINE BLUEBERRIES	CHEEZ BURGER PIZZA CHEESE PIZZA FRESH BABY CARROTS & CREAMY HUMMUS FRUIT COCKTAIL	CANADIAN BACON, EGG & CHEESE ON AN ENGLISH MUFFIN OVEN ROASTED MINI HASHBROWNS STRAWBERRIES

MAINE

BLUEBERRIES - MAINE WILD BLUEBERRY COMPANY - MACHIAS FRESH TOMATOES - BACKYARD FARMS - MADISON STRAWBERRIES - WYMAN'S OF MAINE - MILBRIDGE MILK - OAKHURST DAIRY - PORTLAND FRESH EGGS - BOWDEN'S EGG FARM - WALDOBORO	BAKEWELL CREAM - THE NEW ENGLAND CUPBOARD - HAMPTDEN MAPLE SYRUP - MAINE MAPLE PRODUCTS - MADISON FRENCH FRIES - MCCAIN FOODS - EASTON BAKED BEANS - B&M - PORTLAND
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