



JANUARY 2019

RSU 5 Elementary Menu

Lunch Meal Prices
Paid: \$2.65
Reduced: \$0.40
Adult: \$4.50



Monday

Tuesday

Wednesday

Thursday

Friday

1

Holiday – NO SCHOOL

2

Crunchy Chicken Sandwich or
Fish Filet Sandwich w/ Cheese
Sweet Potato Fries
Buttered Veggies
Salad Bar & Fruit
Fruit

3

Homemade Chicken Pot Pie
with a Biscuit Topper or
Ham & Cheese Sub w/ Chips
Caesar Salad
Veggie Bar w/ Hummus & Fruit

4

Pizza Day: Choice of
Pepperoni or Cheese
Creamy Coleslaw
Veggies and Dip
Fruit

7

Pancakes or Cheesy Omelet
with Sausage Links
Crispy Sweet Potato Tots
Veggie Bar with Hummus & Dips
Fruit Medley

8

Choice of Mini Corn Dogs
or Garden Burger w/ Cheese
Smiley Fries
Buttered Corn
Salad Bar
Fruit

9

Homemade Shepherd's Pie
w/ a Breadstick or Hot Ham
& Cheese Sandwich w/ Chips
Buttered Broccoli
Salad Bar
Fruit

10

Choice of Creamy Mac & Cheese
or Hot Dog in a Bun & Baked Beans
House-Roasted Herbed Tomatoes
Veggie Bar with Hummus & Dips
Fruit

11

Choice or Pizza
or Turkey and Cheese Sub w/ Chips
Creamy Pasta and Veggie Salad
Salad Bar
Fruit

14

Choice of Beef, Chili or Cheese
Nachos with all the Fixings
Mexican Rice
Buttered Corn
Salad Bar and Fruit

15

Spaghetti & Meatballs or Marinara
or Crispy Chicken Sandwich
Caesar Salad
Veggie Bar
Fruit

16

Popcorn Chicken and Sweet
Potato Puff Boats or Toasted Ham &
Cheese Melty on English Muffins
Italian Pasta & Veggie Salad
Veggie Bar with Hummus & Dip
Pears

17

Homemade Meatloaf &
Mashed Potatoes w/ Gravy or
Chicken Caesar Wrap Sandwich
Buttered Carrots
Salad Bar
Fruit

18

Professional Learning Day
NO SCHOOL

21

Holiday – NO SCHOOL

22

Homemade Chicken & Broccoli
Alfredo or Fish Sticks & Fries
Caesar Salad
Veggie Bar with Hummus & Dips
Maine Apples

23

Cinnamon Glazed French Toast
Sausage Links
Hash Brown Patty
Veggie & Fruit Bar

24

Grilled Cheese or Ham & Cheese
Herbed Tomato Soup
Creamy Cole Slaw
Salad Bar
Fruit

25

Pizza Day: Choice of
Bacon or Cheese
Creamy Coleslaw
Veggies and Dip
Fruit

28

Cheeseburgers & Onion Rings
or Tuna Salad Sub w/ Chips
Veggie Ranch Pasta Salad
Veggie Bar with Hummus & Dips
Fruit

29

Roast Turkey Dinner
Mashed Potatoes & Gravy
Warm Dinner Rolls
Buttered Green Beans
Salad Bar & Fruit

30

Meatball Marinara Sub or
Crispy Fish Sandwich
Steamed Broccoli
Salad Bar
Fruit

31

Choice of Crispy Chicken Nuggets
or Bosco Sticks & Sauce
Smiley Fries
Buttered Peas
Salad Bar & Fruit

Apply online for Free or Reduced Meals at rsu5.heartlandapps.com. RSU5's SNP is an equal opportunity provider and employer.

