



MARCH 2019

RSU 5 Elementary Menu

Lunch Meal Prices
Paid: \$2.65
Reduced: \$0.40
Adult: \$4.50
Milk/Juice: \$0.60

Monday

Tuesday

Wednesday

Thursday

Friday

4

Choice of Creamy Mac & Cheese or Hot Dog in a Bun
Baked Beans
Creamy Coleslaw
Salad Bar & Fruit

5

Grilled Cheese or Ham & Cheese
Herbed Tomato Soup
Buttered Peas
Salad Bar
Fruit

6

Cinnamon French Toast or Cheese Omelet & Biscuit
Sausage Links
Hash Brown Patty
Veggies and Hummus & Fruit

7

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

1

Pizza Day: Choice of Bacon or Cheese
Pasta Salad
Veggies & Hummus
Fruit

8

Professional Development Day:
NO SCHOOL

11

Choice of Chicken Nuggets or Crispy Fish Sticks w/ Fries
Steamed Broccoli
Salad Bar
Fruit

12

Teriyaki Chicken & Veg w/ an Eggroll or BBQ Pulled Pork Sandwich
Buttered Carrots
Veggie Bar with Hummus
Fruit

13

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

14

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

15

Pizza Day: Choice of Pepperoni or Cheese
Creamy Potato Salad
Veggies & Hummus
Fruit

18

Choice of Cheeseburger or Crispy Chicken Sandwich
Sweet Potato Tots
Buttered Carrots
Salad Bar & Fruit

19

Homemade Chicken and Broccoli Alfredo Pasta Bake or Crispy Fish Sticks
Caesar Salad
Veggie Bar with Dip & Fruit

20

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

21

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

22

Pizza Day: Choice of Bacon or Cheese
Pasta Salad
Veggies & Hummus
Fruit

25

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

26

Cinnamon French Toast or Omelet
Sausage Links
Hash Brown Patty
Veggies and Hummus
Fruit

27

Cheesy Chicken & Veggie Fajitas or Chili and a Roll
Tex-Mex Rice
Buttered Corn
Salad Bar & Fruit

28

Grilled Cheese or Ham & Cheese
Chicken Noodle Soup
Creamy Cole Slaw
Salad Bar
Fruit

29

Pizza Day: Choice of Veggie, Pepperoni or Cheese
Creamy Potato Salad
Veggies & Hummus
Fruit

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

