



LUNCH

RSU 5 is an equal opportunity provider and employer.

OCTOBER 2021

RSU 5 Elementary

School meals are
FREE FOR ALL STUDENTS.
Milk as a standalone purchase
is \$0.65.

Monday

Tuesday

Wednesday

Thursday

Friday

4

Chicken Nuggets or Crispy Fish Sandwich w/ Chips
Buttered Carrots
Fresh Veggies and Dip
Fruit and Milk

5

American Chop Suey or PBJ
Buttered Green Beans
Fresh Veggies & Hummus
Fruit and Milk

6

Mini Corn Dogs or Chicken Salad Sandwich with Chips
Buttered Broccoli
Fruit and Milk

7

EARLY RELEASE DAY:
Choice of Cheese Pizza or PBJ
Fresh Veggies and Fruit
Milk

1

Choice of Cheese Pizza or Pepperoni Pizza
Zesty Veggie Pasta Salad
Fresh Veggies and Hummus
Fruit and Milk

8

NO SCHOOL
Professional Development Day

11

NO SCHOOL
Holiday

12

Chicken or Cheese Quesadilla
Fiesta Rice
Buttered Corn
Fresh Veggies and Dip
Fruit and Milk

13

Roast Turkey & Gravy
Mashed Potatoes
Buttered Peas
Warm Breadstick
Fruit and Milk

14

Cheeseburger & Fries or Burger & Fries
Buttered Corn
Fresh Veggies and Dip
Fruit & Milk

15

Choice of Cheese Pizza or Pepperoni Pizza
Zesty Veggie Pasta Salad
Fresh Veggies and Hummus
Fruit and Milk

18

BREAKFAST FOR LUNCH!
French Toast Sticks & Sausage
Breakfast Potatoes
Fresh Veggies and Dip
Fruit and Milk

19

Creamy Mac and Cheese or Hot Ham & Cheese Sub w/ Chips
Buttered Broccoli
Fresh Veggies and Hummus
Fruit and Milk

20

Bosco Sticks or Chicken Caesar Salad with a Breadstick
Buttered Carrots
Fresh Veggies and Dip
Fruit and Milk

21

Shepherd's Pie w/ a Breadstick or Fish Sticks and Fries w/ Buttered Carrots
Fresh Veggies and Dip
Fruit and Milk

22

Choice of Cheese Pizza or Bacon Pizza
Creamy Ranch Pasta Salad
Fresh Veggies and Dip
Fruit and Milk

25

Grilled Cheese or Ham & Cheese with Tomato Soup
Goldfish Crackers
Fresh Veggies and Dip
Fruit and Milk

26

Meatball and Cheese Subs or Chicken Salad Sandwich
Buttered Peas and Carrots
Fresh Veggies and Dip
Fruit and Milk

27

Pasta w/ Meat or Marinara or Ham & Cheese Sand. w/ Chips
Caesar Salad
Fresh Veggies and Dip
Fruit and Milk

28

Hot Dogs in a Bun or Fish Sandwich
New England Baked Beans
Creamy Cole Slaw
Fresh Veggies and Dip
Fruit and Milk

29

Choice of Cheese Pizza or Pepperoni Pizza
Zesty Veggie Pasta Salad
Fresh Veggies and Hummus
Fruit and Milk

All lunches come with an entrée, veggies, fruit and milk. A PBJ alternative is always available.

