



SEPTEMBER 2019

RSU 5 Elementary Menu

Lunch Meal Prices

Paid: \$2.65

Reduced: \$0.40

Adult: \$5.00

Milk/Juice: \$0.60

Monday

Holiday:
NO SCHOOL

2

Tuesday

Choice of Cheeseburger
Or Crispy Chicken Sandwich
Curly Fries
Veggie Medley
Salad Bar
Pears

3

Wednesday

Creamy Mac and Cheese
or Hot Dog in a Bun
Buttered Veggies
Salad Bar
Fruit

4

Thursday

Crispy Chicken Nuggets
or Fish Fillet Sandwich
Smiley Fries
Buttered Veggies
Salad Bar & Fruit
Apples

5

Friday

Pizza Day: Choice of
Pepperoni or Cheese
Fresh Veggie and Dip Bar
Creamy Potato Salad
Salad Bar and Fruit

6

French Toast & Sausage
or Egg and Cheese Biscuit
Hash Browns
Salad Bar
Assorted Fruit

9

Taco Salad: Choice of
Beef, Chicken or Veggie and Cheese
Mexican Rice
Fiesta Corn
Salad Bar
Fruit

10

Choice of Meatball & Cheese
Sub or Crispy Fish Sandwich
Sweet Potato Tots
Broccoli
Salad Bar
Maine Apples

11

Chicken Alfredo Pasta Bake or
Ham and Cheese Sand. w/ Chips
Buttered Broccoli
Salad Bar
Fruit and a COOKIE!

12

Pizza Day: Choice of
Bacon or Cheese
Zesty Pasta and Veggie Salad
Fresh Veggie and Hummus Bar
Applesauce

13

Teriyaki Chicken, Veggie and
Rice Bowl with an Egg Roll
or Tuna Sandwich & Chips
Buttered Corn
Salad Bar & Fruit

16

Grilled Cheese or
Grilled Ham and Cheese
Herbed Tomato Soup
Creamy Cole Slaw
Veggie Bar with Hummus
Apples

17

Chicken Parmesan w/ Pasta,
Marinara and Cheese or
Bosco Sticks with Sauce
Buttered Broccoli & Carrots
Salad Bar and Fruit

18

BBQ Pulled Pork Sandwich
or Veggie Burger
Boston Baked Beans
Coleslaw & Salad Bar
Fruit

19

Pizza Day: Choice of
Pepperoni or Cheese
Creamy Potato and Egg Salad
Fresh Veggie and Hummus Bar
Fruit

20

Choice of Cheeseburger
Or Crunchy Fish Sticks
Seasoned Potato Wedges
Buttered Carrots
Salad Bar
Oranges

23

Spaghetti and Meat Sauce
or Marinara Sauce
Cheesy Breadstick
Caesar Salad
Veggies & Hummus, Fruit
Fruit

24

French Toast & Sausage
or Egg and Cheese Biscuit
Hash Browns
Salad Bar
Assorted Fruit

25

Quesadillas: Choice of
Beef, Chicken or Veggie and Cheese
Mexican Rice
Fiesta Corn
Salad Bar
Fruit

26

Pizza Day: Choice of
Pepperoni or Cheese
Fresh Veggie and Dip Bar
Creamy Potato Salad
Salad Bar and Fruit

27

Creamy Mac and Cheese
or Corn Dog
Veggie Medley
Salad Bar
Fruit

30

Last year's Free and Reduced meal eligibility expires on October 16, 2019. If you have not filled out a new application or have not received a letter from the Nutrition Program about your student's 2018-19 lunch eligibility status, please contact Erin Dow at 207-865-0928 x 4 to reapply, or:

Apply online for Free or Reduced Meals at rsu5.heartlandapps.com

RSU 5's School Nutrition Program is an equal opportunity provider and employer.