

April 2017 5-8 Lunch

Regional School Unit No. 18

“Fueling Learner Excellence through Good Food and Good Nutrition”



★ **Monday**
Starchy Vegetables

★ **Tuesday**
Beans & Legumes

★ **Wednesday**
Dark Green & Leafy

★ **Thursday**
Red, Orange, & Yellow

★ **Friday**
Other Vegetables

3 American Cheeseburger On a Bun Beautiful Beets Fruit and Vegetable Bar Low Fat Milk Variety	4 Hot Turkey & Cheese Sandwich Rockin' Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	5 Shepherd's Pie Brawny Biscuit, Lush Baby Spinach Fruit and Vegetable Bar Low Fat Milk Variety	6 Everlasting Enchiladas Spicy Rice Sweet Potato Bites Fruit and Vegetable Bar Low Fat Milk Variety	7 Glazed French Toast Maine Blueberries Hash Browns Fruit and Vegetable Bar Low Fat Milk Variety
10 Sea Shaped Fish Nuggets Savory Rice Mighty Broccoli Florets Fruit and Vegetable Bar Low Fat Milk Variety	11 Hearty Hotdog on a Bun Beautiful Black Beans Fruit and Vegetable Bar Low Fat Milk Variety	12 Sweet and Sour Pork Savory Rice Warm and Goopy Cookie Dark Green Leafy Lettuce Fruit and Vegetable Bar Low Fat Milk Variety	13 Personal Pan Pizza Cool Cukes with Dip Fruit and Vegetable Bar Low Fat Milk Variety	NO SCHOOL
VACATION	VACATION	VACATION	VACATION	VACATION
24 Crispy Chicken Nuggets Bug Bite Graham Crackers Perfect Peas Fruit and Vegetable Bar Low Fat Milk Variety	25 BLT (Bacon, Lettuce, Tomato) Sandwich Cool Cheese Stick Baked Beans Fruit and Vegetable Bar Low Fat Milk Variety	26 Hawaiian Ham Coconut Rice Graham Cracker Bug Bites Crunchy Carrots Fruit and Vegetable Bar Low Fat Milk Variety	27 Pancakes and Sausage Roasted Potatoes Cherry Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	28 Pizza Dipping Stix Marinara Sauce Crunchy Celery Stix w/Dip Fruit and Vegetable Bar Low Fat Milk Variety