

April 2017 9-12 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 Crispy Chicken Nuggets Macaroni Salad Baked Beans Fruit and Vegetable Bar Low Fat Milk Variety	4 Grilled Cheese Sandwich Tomato Soup 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 Personal Pan Pizza Snap Peas Fruit and Vegetable Bar Low Fat Milk Variety
8 American Cheeseburger Lush Broccoli Florets Fruit and Vegetable Bar Low Fat Milk Variety	9 Hot Ham & Cheese Sub Rockin' Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	10 Sweet and Sour Chicken Savory Rice Warm and Goopy Cookie Dark Green Leafy Lettuce Fruit and Vegetable Bar Low Fat Milk Variety	11 Personal Pan Pizza Crunchy Celery with Dip Fruit and Vegetable Bar Low Fat Milk Variety	NO SCHOOL
VACATION	VACATION	VACATION	VACATION	VACATION
24 Premium Fish Filet on a Bun Cheese Stick Smiley Fries 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 Twisted Chicken Alfredo Lunch Roll Tossed Romaine Lettuce Salad Fruit and Vegetable Bar Low Fat Milk Variety	27 Roadhouse Chili Brawny Biscuit Tasty Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	28 Homemade Pizza w/Mixed Toppings Cucumbers w/Dip Fruit and Vegetable Bar Low Fat Milk Variety