

# June 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

<b>THIS SUMMER, KIDS AND TEENS EAT FREE IN RSU 18</b>			1 Taco Bowl with Beef and Cheese Savory Rice Radical Red Peppers Fresh Fruit and Vegetable Bar Low Fat Milk Variety	2 Glazed French Toast Hash Browns Fresh Fruit and Vegetable Bar Low Fat Milk Variety
5 All American Cheeseburger Baked French Fries Fresh Fruit and Vegetable Bar Low Fat Milk Variety	6 Hearty Hot Dog on a Bun Baked Beans Fresh Fruit and Vegetable Bar Low Fat Milk Variety	7 American Chop Suey Lunch Roll Lush Baby Spinach Fresh Fruit and Vegetable Bar Low Fat Milk Variety	8 <b>WINGS AND THINGS</b> Roasted Chicken Wings Sweet Potato Bites Fresh Fruit and Vegetable Bar Low Fat Milk Variety	9 Pizza Dipping Stix Magnificent Marinara Sauce Super Snap Peas Fresh Fruit and Vegetable Bar Low Fat Milk Variety
12 Steak and Cheese Sub Perfect Peas Cool, Frozen 100% Juice Bar Fresh Fruit and Vegetable Bar Low Fat Milk Variety	13 Mighty Meat Ball Sub Rockin' Red Kidney Beans Fresh Fruit and Vegetable Bar Low Fat Milk Variety	14 Sweet and Sour Chicken Savory Rice Dark Green Leafy Lettuce Fresh Fruit and Vegetable Bar Low Fat Milk Variety	15 Ham Italian Sub Diced Tomatoes Fresh Fruit and Vegetable Bar Low Fat Milk Variety	16 Savory Sausage Brunch Cakes (Pancakes) Spicy Potato Wedges Fresh Fruit and Vegetable Bar Low Fat Milk Variety
19 Home Run Cheeseburger Smiley Fries Fresh Fruit and Vegetable Bar Low Fat Milk Variety	20 Personal Pan Pizza Baked and Seasoned Chickpeas Fresh Fruit and Vegetable Bar Low Fat Milk Variety	21 <b>END OF YEAR BBQ</b> Cheeseburger or Hotdog Crunchy Broccoli Florets Baked Chip Variety Fresh Fruit and Vegetable Bar Low Fat Milk Variety		

**THIS SUMMER, KIDS AND TEENS EAT FREE**

(see below for location and meal service details)

**WHERE:**

- China Primary School in China, Maine

**WHEN:**

- Beginning Monday July 10
- Ending Friday August 4, 2017
- Breakfast Service Monday, Tuesday, Wednesday, Thursday: 7:30 AM to 8:00 AM
- Lunch Service Monday through Friday: 11:30 AM to 12:00 PM