

June 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

THIS SUMMER, KIDS AND TEENS EAT FREE IN RSU 18			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 Mighty Meat Ball Sub Rockin' Red Kidney 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 Everlasting Enchiladas 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 Hearty Hot Dog on a Bun Baked 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 WINGS AND THINGS Roasted Chicken Wings Crunchy Carrots Fresh Fruit and Vegetable Bar Low Fat Milk Variety	16 Savory Sausage Yummy Yogurt 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 BLT Sandwich Cheese Stick Baked and Seasoned Chickpeas Fresh Fruit and Vegetable Bar Low Fat Milk Variety	21 Personal Pan Pizza 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:

- Williams Elementary School in Oakland, Maine

WHEN:

- Monday through Friday
- Beginning Monday June 26, 2017
- Ending Friday August 4, 2017
- Breakfast Service: 7:30 AM to 8:30 AM
- Lunch Service: 11:30 AM to 12:30 PM