

# May 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

1 Crispy Chicken Nuggets Macaroni Salad Baked Beans Fruit and Vegetable Bar Low Fat Milk Variety	2 Grilled Cheese Sandwich Tomato Soup Rockin' Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	3 Shepherd's Pie Brawny Biscuit Lush Baby Spinach Fruit and Vegetable Bar Low Fat Milk Variety	4 Everlasting Enchiladas Spicy Rice Sweet Potato Bites Fruit and Vegetable Bar Low Fat Milk Variety	5 Personal Pan Pizza Snap Peas Fruit and Vegetable Bar Low Fat Milk Variety
8 Premium Fish Filet on a Bun Cheese Stick Lush Broccoli Florets Fruit and Vegetable Bar Low Fat Milk Variety	7 Hot Ham & Cheese Sub Rockin' Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	8 Sweet and Sour Chicken Savory Rice Warm and Goopy Cookie Dark Green Leafy Lettuce Fruit and Vegetable Bar Low Fat Milk Variety	9 Roasted Chicken Wings Sauce Station Seasoned Potato Wedges Fruit and Vegetable Bar Low Fat Milk Variety	10 Buffalo Chicken Pizza Crunchy Celery with Dip Fruit and Vegetable Bar Low Fat Milk Variety
15 American Cheeseburger Smiley Fries Fruit and Vegetable Bar Low Fat Milk Variety	16 BLT (Bacon, Lettuce, Tomato) Sandwich Cool Cheese Stick Baked Beans Fruit and Vegetable Bar Low Fat Milk Variety	17 Twisted Chicken Alfredo Lunch Roll Tossed Romaine Lettuce Salad Fruit and Vegetable Bar Low Fat Milk Variety	18 Roadhouse Chili Brawny Biscuit Tasty Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	19 Homemade Pizza w/Mixed Toppings Cucumbers w/Dip Fruit and Vegetable Bar Low Fat Milk Variety
22 Sea Shaped Fish Nuggets Macaroni Salad Mighty Broccoli Florets Fruit and Vegetable Bar Low Fat Milk Variety	23 Sesame Asian Noodle Chicken Lunch Roll Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	24 Macaroni and Cheese w/ Diced Ham Lunch Roll Tossed Romaine Lettuce Salad Fruit and Vegetable Bar Low Fat Milk Variety	25 Glazed French Toast Hearty Hash Browns Cherry Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	26 Pizza Dipping Wedges Cucumbers w/Dip Fruit and Vegetable Bar Low Fat Milk Variety
NO SCHOOL-MEMORIAL DAY	30 Grilled Cheese Sandwich Cool Frozen 100% Juice Bar Rockin' Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	31 Shepherd's Pie Brawny Biscuit Lush Baby Spinach Fruit and Vegetable Bar Low Fat Milk Variety		