

# June 2017 3-5 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>				
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
12 Wholesome Corn Dog Spicy Potato Wedges 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		8 Tasty Turkey and Cheese Sandwich Sweet Potato Bites 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		9 Pizza Dipping Stix Magnificent Marinara Sauce Super Snap Peas Fresh Fruit and Vegetable Bar Low Fat Milk Variety
				14 Premium Crispy Chicken Patty 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 <b>FIELD DAY</b> Jamming Jelly Sandwich Crunchy Celery Sticks Baked Chip Variety Awesome Apple Low Fat Milk Variety
				21 Personal Pan Pizza Crunchy Broccoli Florets 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