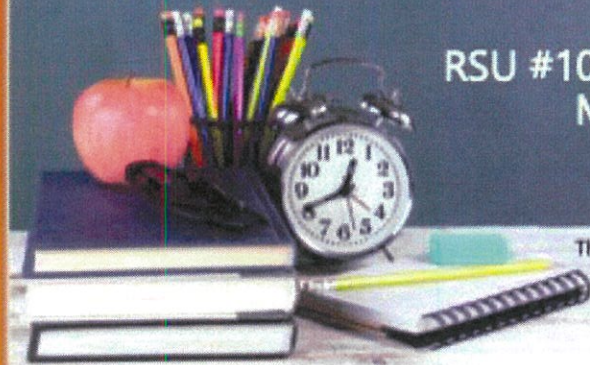


Menus for September 2023



RSU #10 Elementary Menu

This institution is an equal opportunity provider. Menus are subject to change.

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

RSU #10 School District

DON'T 4 GET!

To make a lunch, choose at least one



RSU #10 SCHOOL DISTRICT

HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Tuesday, Sept. 5

Lunch

Macaroni and Cheese
Fish Stick
Mini Biscuit
Grape tomatoes/
Carrots
Blueberries
Or Sun butter &
Jelly Sandwich &
Yogurt

Wed September 6

Lunch

Toasted Cheese Sandwich
Tomato Soup
BBQ Kidney Beans
Mandarin Oranges

Or Turkey &
Cheese on a Bun

Thursday, Sept. 7

Lunch

Cheese Burger on a Bun with Scoops and Salsa
Steamed Peas
Mixed Fruit Cup

Or Sun Butter &
Jelly Sandwich with String Cheese

Friday, September 8

Lunch

Good Crust Pizza

Sliced Green Peppers with Dip

Banana

Or Hot Dog in a Roll

We're **SO GLAD** to see you! It's going to be a **GREAT YEAR** and we can't wait to serve your meals!

A Note from Child Nutrition

Good News! Parents no longer need to fill out Free and Reduced Meal Applications!



Every complete meal we serve comes with your choice of lowfat or nonfat milk!

VEGETABLE

Cucumber

Why are cucumbers so "cool"?
Because they're so good for you! But don't cut off the skin -- the skin contains vitamins A, C, K, B1, B2, B3, B5, B6, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc!

OF THE MONTH

Monday, Sept. 11

Lunch
Hot Dog in A Roll
Potato Starz
Broccoli with Cheddar Cheese
Fresh Maine Apple / Baked Apples with Cranberries
Or Wow Butter & Jelly with Yogurt

Tuesday, Sept. 12

Lunch
Sunny fresh French Toast
Ham Slices
Hash Brown Oval
Grape Tomatoes/ Carrots
Diced Pears
Or Sun butter & Jelly with String Cheese

Wed., September 13

Lunch
Maxx Sticks with Marinara Sauce
Baked Beans
Strawberry Cup

Or Turkey & Cheese on a Bun

Thursday, Sept. 14

Lunch
School Made Nachos with Chips
Crunchy Seasoned Corn
Tropical Fruit

Or Sun butter & Jelly with Yogurt

Friday, Sept. 15

Lunch
Chicken Caesar Salad
Seasoned Flatbread points
Cuke wheels with Dip
Fresh Fruit Choice
Or Sun butter & Jelly with String Cheese

What's on YOUR plate?

Monday, Sept. 18

Lunch
Cheese Burger on a Bun
Pretzels
Seasoned Steamed Broccoli
Applesauce

Or Veggie Burger on a Bun

Tuesday, Sept. 19

Lunch
Toasted Cheese Sandwich
Pasta Salad
Red Peppers with Dip
Fresh Fruit Choices

Or Sun butter & Jelly with Yogurt

Wed., Sept. 20

Lunch
Waffle Sandwich
Egg, Cheese, Ham
Crunchy Potato Puffs
Roasted Chick Peas
Mandarin Oranges
Or Sun butter / Jelly Sandwich
String Cheese

Thursday, Sept. 21

Lunch
School Made Teriyaki Noodles
Dumpling
Crunchy Corn
School Made Fruit Cup

Or Sun butter & Jelly with Yogurt

Friday, Sept. 22

Lunch
Make Your Own Pizza Kit with Pepperoni
Green Salad with Tomato and Cukes
Banana

Or Hot Dog in a Roll

Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, Sept. 25

Lunch
Chicken Patty on a Whole Grain Bun
Broccoli
Spinach and Berry Salad available
Peaches-- Fresh if available
Sun butter & Jelly Sandwich, Yogurt

Tuesday, Sept. 26

Lunch
Pancakes
Sausage Patty-2 Crunchy
Sweet Potato Puffs
Baked Apples with Cranberries
Or Sun butter & Jelly Sandwich , String Cheese

Wed., September 27

Lunch
School Made Good Crust Pizza
Raw Veggie with Dip
BBQ Kidney Beans
Strawberry Cup

Or Sun butter & Jelly with Yogurt

Thursday, Sept. 28

Lunch
School Made Penne with Meat Sauce
Garlic Bread Stick
Steamed Seasoned Peas
Fresh Fruit In Season
Or Fish Sandwich on a Bun

Friday, September 29

Lunch
Turkey Italian Sandwich
Sun Chips
Cuke Slices with Dip
Fruit Choice

Or Tuna Italian



RSU #10 Middle– High Menu

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Pizza choices

Hot Sandwich Choices

MYO Sandwich Bar—Begins
Tuesday, September 12th.

Entrée Salads– Limited Schools

Quick Pics– Limited Schools

Milk Choices daily– Fat Free and 1 %

Featured Specials of the Day

Monday, September 4



Tuesday, September 5

Mac and Cheese, Fish, Mini Biscuit
Fruit and Veggie Bar

Wednesday, September 6

Tomato Soup , Grilled Cheese Sandwich
Fruit and Veggie Bar

Thursday, September 7

MYO Burger Bar, Scoops and Salsa
Fruit and Veggie Bar

Friday, September 8

Hot Sandwich Choices
Fruit and Veggie Bar

Monday, September 11

Mini Corn Dogs/Mac & Cheese
Fruit and Veg Bar

Tuesday, September 12

French Toast Sticks/Hash Brown Oval/Ham
Slices
Fruit and Veg Bar

Wednesday, September 13

Maxx Sticks/Marinara sauce
Fruit and Veg Bar

Thursday, September 14

Nachos/Corn
Fruit and Veg Bar

Friday, September 15

Chicken Caesar Salad
Flatbread Points
Fruit and Veg Bar

YOU'RE GOOD

**ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR**

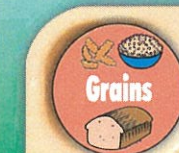
RSU #10 Western Regional Foothills

DON'T 4 GET!

To make a lunch, choose at least one



OR



**and 3-5
items
total**



RSU #10 SCHOOL DISTRICT CHILD
NUTRITION SERVICES

Featured Specials of the Day

Monday, September 18

Burger Bar/Soft Pretzel
Fruit and Veg Bar

Tuesday, September 19

Grilled Cheese/Pasta Salad
Fruit and Veg Bar

Wednesday, September 20

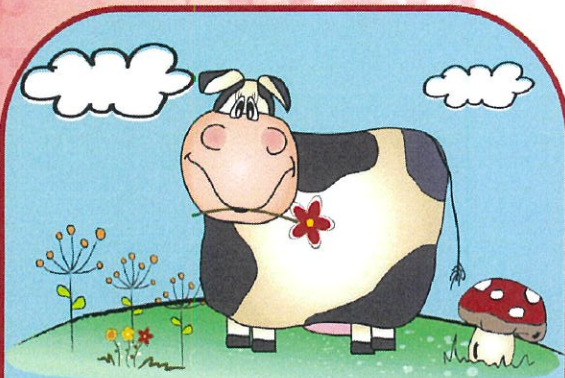
Brunch—Homemade French Toast—Hash
Brown—Fruit and Veg bar

Thursday, September 21

Teriyaki Noodles/Dumplings
Fruit and Veg Bar

Friday, September 22

Pizza Bar—Sandwich Bar
Hot Sandwich Special—
Fruit and Veg Bar

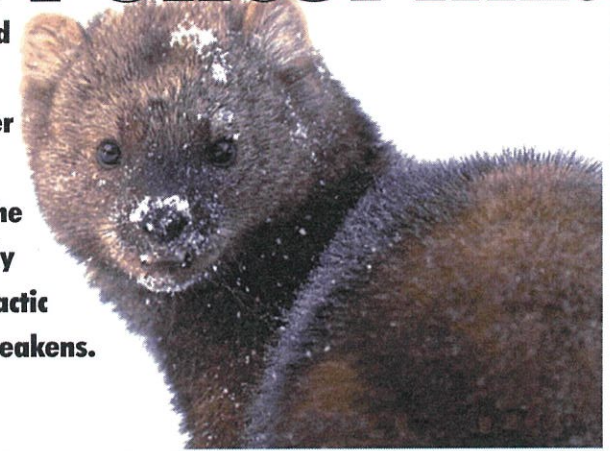


**Every complete meal we serve comes
with your choice of milk!**

MAY CONTAIN PORCUPINE.

The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S.

Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.



**Please See The Other Side
For Items Available Daily**

Featured Specials of the Day

Monday, September 25

Chicken Parm. With Pasta/Garlic Bread
Fruit and Veg Bar

Tuesday, September 26

Brunch with Sweet Potato Puffs
Fruit and Veggie Bar

Wednesday, September 27

Pizza Crunchers with Marinara
Fruit and Veg Bar

Thursday, September 28

MYO Pasta Bar with Garlic stick
2 sauce choices
Fruit and Veg Bar

Friday, September 29

Italian Sandwiches/Hot Sandwich Special
Fruit and Veg Bar

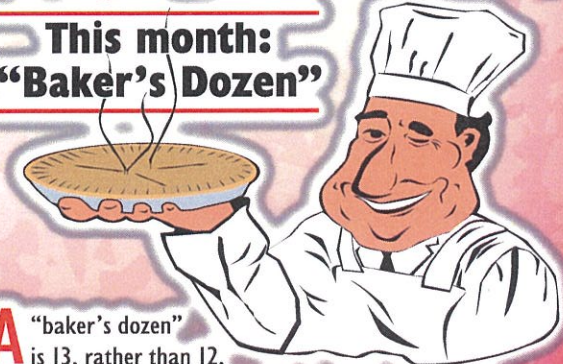
ANIMAL APPETITES

**Where do all of our
crazy names for
food come
from?**



WORDS OF MOUTH

**This month:
"Baker's Dozen"**



A "baker's dozen"
is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!