

# SEPTEMBER MENU

\*Menu Subject to Change



**K-5**  
#RSU3forME



**TUESDAY**  
AUGUST 29

**BREAKFAST:**  
Breakfast Sandwich  
Fruit, Juice, Milk

**LUNCH:**  
Walking Taco (Beef, Cheese & Chips)  
Fiesta Rice, Corn, Black Beans, Pineapple

**WEDNESDAY**  
AUGUST 30

**BREAKFAST:**  
Breakfast Yogurt Parfait w/Granola  
Juice, Milk

**LUNCH:**  
Crispy Chicken Sandwich on a Bun, Potato Smiles, Green Beans, Fruity Gelatin

**THURSDAY**  
AUGUST 31

**BREAKFAST:**  
Sausage Breakfast Pizza  
Fruit, Juice, Milk

**LUNCH:**  
Hot Ham Bacon & Cheese on a Croissant, Peas, Sun Chips, Fruit Crisp

**FRIDAY**  
SEPTEMBER 1

**BREAKFAST:**  
Fun Friday Breakfast!  
Glazed WG Donut with Rainbow Sprinkles  
Fruit, Juice, Milk

**LUNCH:**  
Big Daddy's Cheese or Pepperoni Pizza, Caesar Salad, Snowball Fruit Salad



**MONDAY**  
SEPTEMBER 4

**LABOR DAY HOLIDAY**

**NO SCHOOL**

**TUESDAY**  
SEPTEMBER 5

**BREAKFAST:**  
Scrambled Eggs, Cinnamon Toast  
Fruit, Juice, Milk

**LUNCH:**  
Shepherd's Pie, Cinnamon Roll, Grapes

**WEDNESDAY**  
SEPTEMBER 6

**BREAKFAST:**  
Strawberry Overnight Oats, Fruit, Juice, Milk

**LUNCH:**  
Waffle Wednesday  
Waffles, Chicken Tenders, Roasted Red Potatoes, Fresh Crunchy Red Maine Apple

**THURSDAY**  
SEPTEMBER 7

**BREAKFAST:**  
Pancake Sausage on a Stick, Fruit, Juice, Milk

**LUNCH:**  
Teriyaki Chicken, Fried Rice, Fortune Cookie, Roasted Snow Peas, Orange Smiles

**FRIDAY**  
SEPTEMBER 8

**BREAKFAST:**  
Waffles topped with Whip Cream, Fruit, Juice, Milk

**LUNCH:**  
Cheesy Breadsticks with Dipping Sauce; Green Beans, Roasted Chick Peas, Watermelon



**MONDAY**  
SEPTEMBER 11

**BREAKFAST:**  
Muffin  
Fruit, Juice, Milk

**LUNCH:**  
Mac & Cheese Burger, Roasted Carrots, Fresh Pineapple Spear

**TUESDAY**  
SEPTEMBER 12

**BREAKFAST:**  
Breakfast Sandwich  
Fruit, Juice, Milk

**LUNCH:**  
Tender Beef & Gravy, Mashed Potatoes, Green Beans, Mixed Fruit

**WEDNESDAY**  
SEPTEMBER 13

**BREAKFAST:**  
Breakfast Yogurt Parfait w/French Toast Sticks  
Juice, Milk

**LUNCH:**  
Chicken Parmesan, Penne Pasta, Marinara Sauce, Fruity Gelatin

**THURSDAY**  
SEPTEMBER 14

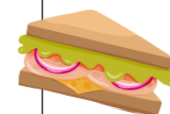
**BREAKFAST:**  
Sausage Breakfast Pizza, Fruit, Juice, Milk

**LUNCH:**  
BBQ Pulled Pork Sliders, Cole Slaw, Onion Rings, Baked Beans, Frozen Fruit Ice Cup

**FRIDAY**  
SEPTEMBER 15

**BREAKFAST:**  
Glazed WG Donut with Rainbow Sprinkles  
Fruit, Juice, Milk

**LUNCH:**  
Personal Pan Pizza  
Cheese or Ham; Seasoned Corn, Cottage Cheese



# SEPTEMBER MENU

K-5TH GRADE

#RSU3forME

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\*Choice of skim or 1% milk available daily.

**MONDAY  
SEPTEMBER 18**

**BREAKFAST:**  
Mini Pancake Bites  
Fruit, Juice, Milk

**LUNCH:**  
Brunch for Lunch!  
Pancakes, Scrambled Eggs, Sausage Patty, Baked Beans, Juice

**TUESDAY  
SEPTEMBER 19**

**BREAKFAST:**  
Scrambled Eggs,  
Cinnamon Toast  
Fruit, Juice, Milk

**LUNCH:**  
Philly Cheesesteak  
Sandwich, Seasoned  
Oven Fries, Crunchy  
Fresh Maine Apple

**WEDNESDAY  
SEPTEMBER 20**

**BREAKFAST:**  
Apple Pie Overnight Oats  
Fruit, 100% Fruit Juice

**LUNCH:**  
Chicken Alfredo &  
Pasta, WG Breadstick,  
Roasted Broccoli,  
Mandarin Oranges

**THURSDAY  
SEPTEMBER 21**

**BREAKFAST:**  
Pancake Sausage on a  
Stick, Fruit, Juice, Milk

**LUNCH:**  
Build Your Own Burger!  
Beef Patty on a Bun,  
Smile Fries, Frozen  
Strawberry Cup

**FRIDAY  
SEPTEMBER 22**

**BREAKFAST:**  
Waffles topped with  
Whip Cream  
Fruit, Juice, Milk

**LUNCH:**  
Cheese Quesadilla  
Pizza, Salsa, Seasoned  
Corn, Pineapple Tidbits

**MONDAY  
SEPTEMBER 25**

**BREAKFAST:**  
Mini Cream Cheese Filled  
Bagel, Fruit, Juice, Milk

**LUNCH:**  
Gourmet Toasted  
Cheese Sandwich, Pasta  
Salad, Rosy Applesauce

**TUESDAY  
SEPTEMBER 26**

**BREAKFAST:**  
Breakfast Sandwich  
Fruit, Juice, Milk

**LUNCH:**  
Frito Taco Pie, Mexican  
Rice, Seasoned Corn,  
Black Beans,  
Pineapple

**WEDNESDAY  
SEPTEMBER 27**

**BREAKFAST:**  
Breakfast Yogurt Parfait  
Juice, Milk

**LUNCH:**  
**Early Release**  
Bag Lunch – PB & J  
Uncrustable, Yogurt Cup,  
Graham Crackers, Carrot  
Sticks & Dip, Applesauce  
Cup

**THURSDAY  
SEPTEMBER 28**

**BREAKFAST:**  
Sausage Breakfast Pizza  
Fruit, Juice, Milk

**LUNCH:**  
BBQ Beef Rib  
Sandwich, Onion Rings,  
Blueberries & Cream

**FRIDAY  
SEPTEMBER 29**

**BREAKFAST:**  
Glazed WG Donut with  
Rainbow Sprinkles  
Fruit, Juice, Milk

**LUNCH:**  
Stuffed Crust Cheese  
Pizza, Honey Glazed  
Carrots, Caesar Salad,  
Banana

ASSORTED MILK & FRUIT & VEGGIE BAR AVAILABLE DAILY WITH EACH ENTRÉE  
ALTERNATE BREAKFAST CHOICE AVAILABLE DAILY IS CEREAL & GRAHAM CRACKERS  
ALTERNATE LUNCH CHOICE OFFERED DAILY IS A PB & J SANDWICH, YOGURT CUP & GRAHAM CRACKERS



Contact Tina M Fabian, Food Service Director, with questions or concerns at 207-568-4607 or email [tfabian@rsu3.org](mailto:tfabian@rsu3.org).

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