

April 2022 ~ Menu

RSU 3 Middle & High School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A variety of milk is offered daily. Salad bar available daily that may contain fresh fruits & vegetables, additional protein, canned fruit, pasta salad, etc.	4 Featured Entrée: General Tso's Chicken, Fried Rice Slider Meal: Hot Ham Bacon & Cheese & Fries Cold Grab & Go: Turkey, Bacon & Cheese Wrap, Chicken Caesar Salad Hot Vegetable of Day: Corn	5 Featured Entrée: Chicken Alfredo Bake, Garlic Toast Slider Meal: Chicken Burger Basket Cold Grab & Go: Tuna Salad Croissant, Crispy Chicken Salad Hot Vegetable of Day: Roasted Broccoli	6 Featured Entrée: French Toast Sticks, Breakfast Sausage, Roasted Red Potatoes Slider Meal: Steak Bomb Basket Cold Grab & Go: Chicken Salad Wrap, Cobb Salad Hot Vegetable of Day: Baked Beans	7 Featured Entrée: Mustang Bowl, Breadstick Slider Meal: Burger Basket Cold Grab & Go: All American Sub, Taco Salad Hot Vegetable of Day: Corn	8 Featured Entrée: Buffalo Chicken & Cheese Pizza Slider Meal: Chicken Tender Basket Cold Grab & Go: PB & J Hot Vegetable of Day: Cook's Choice
A variety of pizza is available daily and is considered a complimentary meal if fruit and or vegetable is selected in addition to the pizza.	11 Featured Entrée: Nachos with seasoned ground beef and cheese sauce Slider Meal: Hotdog Basket Cold Grab & Go: Turkey, Bacon & Cheese Wrap, Chicken Caesar Salad Hot Vegetable of Day: Corn	12 Featured Entrée: Lasagna, Garlic Toast Slider Meal: Chicken Burger Basket Cold Grab & Go: Tuna Salad Croissant, Crispy Chicken Salad Hot Vegetable of Day: Roasted Carrots	13 Featured Entrée: Beef Tips Over Noodles, Dinner Roll Slider Meal: Chicken Tenders & Waffles Cold Grab & Go: Chicken Salad Wrap, Cobb Salad Hot Vegetable of Day: Broccoli & Cheese Bite	14 Featured Entrée: Mustang Bowl, Breadstick Slider Meal: BBQ Pulled Pork Sandwich & Onion Rings Cold Grab & Go: All American Sub, Taco Salad Hot Vegetable of Day: Baked Beans	15 Early Release Day Featured Entrée: Philly Cheese Steak Pizza Slider Meal: Chicken Tender Basket Cold Grab & Go: PB & J Hot Vegetable of Day: Cook's Choice
Make your own yogurt parfait bar available daily as a lunch choice. Yogurt, fruit & grain options such as granola, cereal, etc	18 NO SCHOOL – PATRIOT'S DAY	19 NO SCHOOL – APRIL VACATION	20 NO SCHOOL – APRIL VACATION	21 NO SCHOOL – APRIL VACATION	22 NO SCHOOL – APRIL VACATION
DAILY BREAKFAST A variety of pastries, cereal, yogurt and hot entrée's available daily along with fruit, juice and milk	25 Featured Entrée: Slider Meal: BBQ Rib-A-Que Basket Cold Grab & Go: Turkey, Bacon & Cheese Wrap, Chicken Caesar Salad Hot Vegetable of Day: Baked Beans	26 Featured Entrée: Chicken Tomato Bake, Garlic Toast Slider Meal: Hamburger Basket Cold Grab & Go: Tuna Salad Croissant, Crispy Chicken Salad Hot Vegetable of Day: Roasted Carrots	27 Featured Entrée: Meatballs & Gravy, Mashed Potato, Dinner Roll Slider Meal: Chicken Burger Basket Cold Grab & Go: Chicken Salad Wrap, Cobb Salad Hot Vegetable of Day: corn	28 Featured Entrée: Chicken & Biscuit (Pot Pie Filling served over a warm, flaky biscuit) Slider Meal: BBQ Pulled Pork Sandwich & Onion Rings Cold Grab & Go: All American Sub, Taco Salad Hot Vegetable of Day: Broccoli	29 Featured Entrée: Mustang Bowl, Breadstick Slider Meal: none today Cold Grab & Go: PB & J Hot Vegetable of Day: Cook's Choice

Contact Tina M Fabian, Food Service Director, for questions or concerns at 207-568-4607 or e-mail tfabian@rsu3.org

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