

OCTOBER 2018

Spruce Mountain Elementary School

Breakfast is free to all students
 Make checks payable to RSU 73
 For students id email
 dyork@rsu73.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 1 Chicken Tenders Rice Pilaf Fruit & Veggie Choices Milk | 2 Pork & Gravy Mashed Potato Fruit & Veggie Choices Milk | 3 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk | 4 Mac & Cheese W/ Ham Breadstick Fruit & Veggie Choices Milk | 5 Teacher's Workshop |
| 8 Columbus Day | 9 Chicken Burger Spicy Chicken Burger Goldfish Fruit & Veggie Choices Milk | 10 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk | 11 Bosco Sticks Marinara Fruit & Veggie Choices Milk | 12 Cheeseburger Sun Chips Fruit & Veggie Choices Milk |
| 15 Popcorn Chicken Rice Pilaf Fruit & Veggie Choices Milk | 16 Pig in a Blanket Baked Beans Cinnamon Goldfish Fruit & Veggie Choices Milk | 17 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk | 18 Cheese Quesadilla Salsa Fruit & Veggie Choices Milk | 19 Filet of Fish Sandwich Sun Chips Fruit & Veggie Choices Milk |
| 22 Chicken Alfredo Pasta Breadstick Fruit & Veggie Choices Milk | 23 Cheesy Beef Nacho's Salsa Fruit & Veggie Choices Milk | 24 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk | 25 Shepherd's Pie Dinner Roll Fruit & Veggie Choices Milk | 26 BBQ Pulled Pork Sandwich Hash brown Fruit & Veggie Choices Milk |
| 29 Chicken Tenders Mashed Potatoes Fruit & Veggie Choices Milk | 30 Chicken & Gravy Mashed Potato Dinner Roll Fruit & Veggie Choices Milk | 31 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk |  | |

Menu Subject to Change w/o Notice
 Deli Sandwich Choices Offered Daily

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
 MySchoolBucks.com

All meals are served with a selection of vegetables, whole grain bread, pasta, rice and pizza crust to meet the USDA requirements
 "This Institution, the Department Of Education and the USDA are equal opportunity providers and employers"