

NOVEMBER 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 French Toast Cheese Stick Cinnamon Goldfish Fruit & Veggie Choices Milk	2 Ham Hoagie w/ Bacon Sun Chips Fruit & Veggie Choices Milk
5 Mac & Cheese Ham Breadstick Fruit & Veggie Choices Milk	6 Chicken Nacho's Salsa Fruit & Veggie Choices Milk	7 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk	8 Chicken Alfredo Pasta Breadstick Fruit & Veggie Choices Milk	9 <i>Veteran's Lunch</i> Shepherd's Pie Dinner Roll Fruit & Veggie Choices Milk
12 Veteran's Day	13 Chicken Burger Spicy Chicken Burger Fruit & Veggie Choices Milk	14 Breakfast Pizza Fruit & Veggie Choices Milk	15 Chicken & Gravy Mashed Potato Stuffing Roll Fruit & Veggie Choices Milk	16 Pig in a Blanket Baked Beans Cinnamon Goldfish Fruit & Veggie Choices Milk
19 Cheeseburger French Fries Fruit & Veggie Choices Milk	20 Chicken Tenders Mashed Potato Breadstick Fruit & Veggie Choices	21 No School Today	22 Happy Thanksgiving	23 No School Today
26 Chicken Burger Spicy Chicken Burger Fruit & Veggie Choices Milk	27 Turkey & Cheese Sandwich Tomato Soup Cheddar Goldfish Fruit & Veggie Choices Milk	28 Pepperoni Pizza Cheese Pizza Fruit & Veggie Choices Milk	29 Chicken Parmesan Pasta Breadstick Fruit & Veggie Choices Milk	30 Bosco Sticks Marinara Fruit & Veggie Choices Milk

Menu Subject to Change w/o Notice

Alternate Sandwich choices offered daily

All meals served with whole grains and variety of vegetables to meet the USDA requirements

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