

# JANUARY 2019

## 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**

Happy New Year

**2**

 Pepperoni Pizza  
 Cheese Pizza  
 Fruit & Veggie Choices  
 Milk

**3**

 Chicken Nacho's  
 Black Bean & Corn Salsa  
 Fruit & Veggie Choices  
 Milk

**4**

 Chicken Tenders  
 Rice Pilaf  
 Roll  
 Fruit & Veggie Choices  
 Milk

**7**

 Chicken Parmesan  
 Pasta  
 Breadstick  
 Fruit & Veggie Choices  
 Milk

**8**

 Chicken & Gravy  
 Mashed Potato  
 Roll  
 Fruit & Veggie Choices  
 Milk

**9**

 Cheese Pizza  
 Pepperoni Pizza  
 Fruit & Veggie Choices  
 Milk

**10**

 Tomato Soup  
 Turkey Sandwich  
 Cheddar Goldfish  
 Fruit & Veggie Choices  
 Milk

**11**

 Cheeseburger on Bun  
 Baked Beans  
 Fruit & Veggie Choices  
 Milk

**14**

 Bosco Sticks  
 Marinara  
 Fruit & Veggie Choices  
 Milk

**15**

 Ham Hoagie  
 Cheddar Goldfish  
 Fruit & Veggie Choices  
 Milk

**16**

 Cheese Pizza  
 Pepperoni Pizza  
 Fruit & Veggie Choices  
 Milk

**17**

 Baked Beans  
 Corn dog  
 Fruit & Veggie Choices  
 Milk

**18**

 Meatball Sub  
 Sun Chips  
 Fruit & Veggie Choices  
 Milk

**21**

Martin Luther King Jr Day

**22**

 Bagel, Egg and Cheese Sandwich  
 Strawberry Yogurt  
 Fruit & Veggie Choices  
 Milk

**23**

 Cheese Pizza  
 Pepperoni Pizza  
 Fruit & Veggie Choices  
 Milk

**24**

 Hamburger Gravy  
 Mashed Potato  
 Roll  
 Fruit & Veggie Choices  
 Milk

**25**

 Chicken burger  
 Hash brown  
 Fruit & Veggie Choices  
 Milk

**28**

 Shepherd's Pie  
 Roll  
 Fruit & Veggie Choices  
 Milk

**29**

 Pasta  
 Meatsauce  
 Breadstick  
 Fruit & Veggie Choices  
 Milk

**30**

 Cheese Pizza  
 Pepperoni Pizza  
 Fruit & Veggie Choices  
 Milk

**31**

 Chicken Tenders  
 Rice Pilaf  
 Roll  
 Fruit & Veggie Choices  
 Milk

Menu Subject to Change w/o Notice  
 Alternate Sandwich choice offered daily

All meals served with whole grains and variety of vegetables to meet the USDA requirements  
 "This Institution, the Department of Education and the USDA are equal opportunity providers and employers"