

JANUARY 2019

Spruce Mountain Middle 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

Happy New Year

Pepperoni Pizza
 Cheese Pizza
 Fruit & Veggie Choices
 Milk

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

Chicken Tenders
 Rice Pilaf
 Roll
 Fruit & Veggie Choices
 Milk

Chicken Parmesan
 Pasta
 Breadstick
 Fruit & Veggie Choices
 Milk

Chicken & Gravy
 Mashed Potato
 Roll
 Fruit & Veggie Choices
 Milk

Cheese Pizza
 Pepperoni Pizza
 Fruit & Veggie Choices
 Milk

Tomato Soup
 Turkey Sandwich
 Cheddar Goldfish
 Fruit & Veggie Choices
 Milk

Cheeseburger on Bun
 Baked Beans
 Fruit & Veggie Choices
 Milk

Bosco Sticks
 Marinara
 Fruit & Veggie Choices
 Milk

Ham Hoagie
 Cheddar Goldfish
 Fruit & Veggie Choices
 Milk

Cheese Pizza
 Pepperoni Pizza
 Fruit & Veggie Choices
 Milk

Baked Beans
 Corn dog
 Fruit & Veggie Choices
 Milk

Meatball Sub
 Sun Chips
 Fruit & Veggie Choices
 Milk

Martin Luther King Jr Day

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

Cheese Pizza
 Pepperoni Pizza
 Fruit & Veggie Choices
 Milk

Hamburger Gravy
 Mashed Potato
 Roll
 Fruit & Veggie Choices
 Milk

Chicken burger
 Hash brown
 Fruit & Veggie Choices
 Milk

Shepherd's Pie
 Roll
 Fruit & Veggie Choices
 Milk

Pasta
 Meatsauce
 Breadstick
 Fruit & Veggie Choices
 Milk

Cheese Pizza
 Pepperoni Pizza
 Fruit & Veggie Choices
 Milk

Chicken Tenders
 Rice Pilaf
 Roll
 Fruit & Veggie Choices
 Milk

Menu Subject to Change w/o Notice

Alternate Sandwich and Salad choice offered daily

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

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