

JANUARY 2019

Spruce Mountain Primary 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

Chicken Nacho's
 Black Bean & Corn Salsa
 Apple Crisp
 Milk

French bread Pizza
 Squash
 Fruit Cocktail
 Milk

Chicken Tenders
 Rice Pilaf
 Roll
 Steamed Broccoli
 Tropical Fruit
 Milk

Chicken Parmesan
 Pasta
 Breadstick
 Green Beans
 Pineapple Tidbits
 Milk

Cheese Pizza
 Pepperoni Pizza
 Broccoli Coleslaw
 Strawberries
 Milk

Chicken & Gravy
 Mashed Potato
 Roll
 Peaches
 Milk

Tomato Soup
 Turkey coins
 Cheddar Goldfish
 Baby Carrots
 Applesauce
 Milk

Cheeseburger on Bun
 Baked Beans
 Fruit Cocktail
 Milk

Bosco Sticks
 Marinara
 Green Beans
 Peaches
 Milk

Ham Hoagie
 Cheddar Goldfish
 Baby Carrots
 Applesauce
 Milk

French bread Pizza
 Tossed Salad
 Tropical Fruit
 Milk

Baked Beans
 Corn dog
 Fruit Cocktail
 Milk

Meatballs & Sauce
 Dunkers
 Steamed Broccoli
 Pineapple Tidbits
 Milk

Martin Luther King Jr Day

Bagel, Egg and Cheese Sandwich
 Strawberry Yogurt
 Hash brown
 Fruit Juice
 Milk

Hamburger Gravy
 Mashed Potato
 Roll
 Peaches
 Milk

Cheese Pizza
 Pepperoni Pizza
 Broccoli Coleslaw
 Mixed Fruit
 Milk

Chicken burger
 4 Bean Salad
 Tropical Fruit
 Milk

Shepherd's Pie
 Roll
 Applesauce
 Milk

French bread Pizza
 Tossed Salad
 Tropical Fruit
 Milk

Pasta
 Meatsauce
 Breadstick
 4 Bean Salad
 Pineapple Tidbits
 Milk

Chicken Tenders
 Rice Pilaf
 Roll
 Steamed Broccoli
 Tropical Fruit
 Milk

Menu Subject to Change w/o Notice

Alternate Sandwich choice of Wow Butter and Jelly offered daily

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

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