

OCTOBER 2021

Spruce Mountain Elementary School

Make check payable to RSU 73
 For student's id email
 merrill@rsu73

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger & Gravy 4 Mashed Potato & Roll Broccoli Fruit Milk	Grilled Cheese 5 Cucumbers Fruit Milk	Chicken w/Rice 6 Carrots Fruit Milk	Mac & Cheese 7 Green Beans Fruit Milk	BBQ Pork Sandwich 1 Green Peppers Fruit Milk
Holiday 11	Chicken Burgers 12 Broccoli Fruit Milk	Pasta with Meat Sauce 13 Roll Carrots Fruit Milk	Pizza 14 Cucumbers Fruit Milk	Teachers Workshop 8 Day
Bosco Sticks w/ Marinara 18 Sauce Salad Fruit Milk	Chicken Nuggets 19 Crackers Green Beans Fruit Milk	Shepherd's Pie 20 Roll Fruit Milk	Breakfast for Lunch 21 French Toast Sticks Roasted Garbanzo Beans String Cheese Blueberries	Chicken Strip 15 Sauce Bean Salad Fruit Milk
Hamburger 25 Corn Fruit Milk	Baked Beans Hotdog w/ 6 Roll Orange Wedges Milk	Pasta with Meat Sauce 27 Roll Salad Fruit Milk	Grilled Cheese 28 Cucumbers Fruit Milk	Nachos w/ Salsa 22 Carrots Fruit Milk
				Bosco Sticks w/ Marinara 29 Sauce Carrots Fruit Milk



Menu is subject to change without notice
 Alternate Sandwich choice is offered daily

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