

OCTOBER MENU

*Menu Subject to Change

K-5

#RSU3forME

Monroe, Morse, Troy, Walker



MONDAY
OCTOBER 2

BREAKFAST:

Mini French Toast
Fruit, Juice, Milk

LUNCH:

Mac & Cheese
Biscuit
Glazed Carrots, Fruit

TUESDAY
OCTOBER 3

BREAKFAST:

Breakfast Sandwich
Fruit, Juice, Milk

LUNCH:

Nacho's Grande (Beef,
Cheese & Chips)
Corn, Black Beans, Fruit

WEDNESDAY
OCTOBER 4

BREAKFAST:

Cereal Bar, Smoothie
Juice, Milk

LUNCH:

Crispy Chicken Sandwich
on a Bun, Potato Smiles,
Green Beans, Fruit

THURSDAY
OCTOBER 5

BREAKFAST:

Sausage Breakfast Pizza
Fruit, Juice, Milk

LUNCH:

Stuffed Crust Cheese
Pizza, Caesar Salad,
Roasted Beets, Fruit

FRIDAY
OCTOBER 6

**Professional
Development Day -**

No School for students



MONDAY
OCTOBER 9

HOLIDAY

NO SCHOOL



TUESDAY
OCTOBER 10

BREAKFAST:

Muffin, Fruit, Juice, Milk

LUNCH:

Cheese Ravioli with
Homemade Marinara
Sauce, Garlic Toast,
Peas, Fruit

WEDNESDAY
OCTOBER 11

BREAKFAST:

Yogurt Parfait, Fruit,
Juice, Milk

LUNCH:

Waffle Wednesday
Waffles, Chicken Tenders,
Potatoes, Fruit

THURSDAY
OCTOBER 12

BREAKFAST:

Pancake Sausage on a
Stick, Fruit, Juice, Milk

LUNCH:

Orange Chicken, Lo
Mein Noodles, Fortune
Cookie, Roasted
Broccoli, Fruit

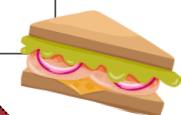
FRIDAY
OCTOBER 13

BREAKFAST:

Glazed WG Donut with
Rainbow Sprinkles
Fruit, Juice, Milk

LUNCH:

Cheesy Breadsticks with
Dipping Sauce; Green
Beans, Roasted Chick
Peas, Fruit



MONDAY
OCTOBER 16

BREAKFAST:

Muffin, Fruit, Juice, Milk

LUNCH:

Corn Dog, Potato
Smiles, Fruit



TUESDAY
OCTOBER 17

BREAKFAST:

Mini Pancake Bites,
Fruit, Juice, Milk

LUNCH:

Open Face Salisbury
Steak Sandwich & Gravy,
Mashed Potatoes, Green
Beans, Fruit

WEDNESDAY
OCTOBER 18

BREAKFAST:

Pop-Tart, Smoothie
Juice, Milk

LUNCH:

BBQ Bacon Chicken
Sandwich, Baked
Beans, Cole Slaw, Fruit

THURSDAY
OCTOBER 19

BREAKFAST:

Sausage Breakfast
Pizza, Fruit, Juice, Milk

LUNCH:

Sausage, Egg & Cheese
on a Croissant, Potato
Puffs, Fruit

FRIDAY
OCTOBER 20

BREAKFAST:

Cinnamon Roll,
Fruit, Juice, Milk

LUNCH:

White Garlic Pizza,
Seasoned Corn, Cottage
Cheese, Fruit

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K-5TH GRADE

#RSU3forME

*Choice of skim or 1% milk available daily.

MONDAY
OCTOBER 23

BREAKFAST:

Apple Pastry
Fruit, Juice, Milk

LUNCH:

Brunch for Lunch!
Cinnamon Glazed French Toast, Sausage Patty, Hash Brown, Baked Beans, Juice

TUESDAY
OCTOBER 24

BREAKFAST:

Cinnabar
Fruit, Juice, Milk

LUNCH:

Crispy Chicken Sandwich, Seasoned Oven Fries, Fruit

WEDNESDAY
OCTOBER 25

EARLY RELEASE

BREAKFAST:

Waffles & Cream, Fruit, 100% Fruit Juice

LUNCH:

Pizza Munchable (flatbread, pizza sauce, cheese, pepperoni)
Vegetables & Dip, Fruit Cup

THURSDAY
OCTOBER 26

BREAKFAST:

Pancake Sausage on a Stick, Fruit, Juice, Milk

LUNCH:

Grilled Cheese Sandwich, Tomato Soup, Goldfish Crackers, Green Beans, Fruit

FRIDAY
OCTOBER 27

BREAKFAST:

Glazed WG Donut with Rainbow Sprinkles
Fruit, Juice, Milk

LUNCH:

Cheese Quesadilla
Pizza, Salsa, Seasoned Corn, Fruit

MONDAY
OCTOBER 30

BREAKFAST:

Mini Cream Cheese Filled Bagel, Fruit, Juice, Milk

LUNCH:

Hot Ham Bacon & Cheese on a Croissant, Peas, Fruit

TUESDAY
OCTOBER 31

BREAKFAST:

Pumpkin Bread
Fruit, Juice, Milk

LUNCH:

Ghoulash (American Chop Suey), Witches Finger (breadstick) Creepy Corn, Eyeball Surprise (pudding with grapes)

WEDNESDAY
NOVEMBER 1

BREAKFAST:

Cereal Bar, Smoothie
Juice, Milk

LUNCH:

Chicken Pot Pie on a Biscuit, Fruit

THURSDAY
NOVEMBER 2

BREAKFAST:

Sausage Breakfast Pizza
Fruit, Juice, Milk

LUNCH:

Hamburger Tater Tot Pie, Breadstick, Baked Beans, Fruit

FRIDAY
NOVEMBER 3

BREAKFAST:

Cinnamon Roll,
Fruit, Juice, Milk

LUNCH:

Big Daddy's Cheese or Pepperoni Pizza, Honey Glazed Carrots, Fruit

ASSORTED MILK & FRUIT & VEGGIE BAR AVAILABLE DAILY WITH EACH LUNCH ENTRÉE.

ALTERNATE **BREAKFAST** CHOICE AVAILABLE DAILY IS CEREAL & GRAHAM CRACKERS

ALTERNATE **LUNCH** CHOICE OFFERED DAILY IS A PB & J SANDWICH, YOGURT CUP & GRAHAM CRACKERS

Contact Tina M Fabian, Food Service Director, with questions or concerns at 207-568-4607 or email tfabian@rsu3.org.

This establishment is an equal opportunity employer and provider.

