

# RSU 54 CACFP After School Meal Menu

## November/December 2019

~Featuring Produce from our Local Maine Farms~

<i>Monday</i> 4	<i>Tuesday</i> 5	<i>Wednesday</i> 6	<i>Thursday</i> 7
<p><b><i>Cheesy Dipping Sticks</i></b>                      Bosco Stick                      Dipping Sauce                      Craisins                       Milk Choice</p>	<p><b><i>Power Yogurt</i></b>                      Yogurt Cups/Sunflower Seeds                      Crisp Veggie Sticks                      Fruit Choice                      Teddy Grahams                       Milk Choice</p>	<p><b><i>Cracker Snacker</i></b>                      Cheese Sticks (2)                      Veggie Choice                      Juice Box                      Goldfish Crackers                       Milk Choice</p>	<p><b><i>All American Meal</i></b>                      PB &amp; J Sandwich (1)                      Veggie Choice                      Apple                       Milk Choice</p>
<p style="text-align: right;">11</p> <p style="text-align: center;">Veteran's Day                       Milk Choice</p>	<p><b><i>Deli Delight</i></b>      12                      Deli Turkey/Cheese                      Lettuce/Tomatoes                      Raisins                      Mini Flatbread                       Milk Choice</p>	<p><b><i>Nacho To Go</i></b>      13                      Cheese Sauce Cup                      Salsa Cup                      Pear                      Top &amp; Go Tortilla Chips                       Milk Choice</p>	<p><b><i>All American Meal</i></b>      14                      PB &amp; J Sandwich (1)                      Tomato Bites                      Apple                       Milk Choice</p>
<p><b><i>Pizza "Munch-able"</i></b>      18                      Shredded Cheese                      Pizza Dipping Sauce                      Raspberry Sherbert Cup                      Dipping Sticks                       Milk Choice</p>	<p><b><i>Power Yogurt</i></b>      19                      Yogurt Cups/Sunflower Seeds                      Crisp Veggie Sticks                      Fruit Choice                      Teddy Grahams                       Milk Choice</p>	<p><b><i>Bistro Box</i></b>      20                      Sunflower Seeds/Boiled Egg                      Cucumber                      Apple Sauce Cup                      Chewy WG Bagel                       Milk Choice</p>	<p><b><i>Chicken Poppers</i></b>      21                      Chicken Poppers                      Carrots                      Juice Box                      Goldfish Crackers                       Milk Choice</p>
<p><b><i>Cheesy Dipping Sticks</i></b>      2                      Bosco Stick                      Dipping Sauce                      Craisins                       Milk Choice</p>	<p><b><i>Deli Delight</i></b>      3                      Deli Turkey/Cheese                      Lettuce/Tomatoes                      Raisins                      Mini Flatbread                       Milk Choice</p>	<p><b><i>Cracker Snacker</i></b>      4                      Cheese Sticks (2)                      Veggie Choice                      Juice Box                      Goldfish Crackers                       Milk Choice</p>	<p><b><i>All American Meal</i></b>      5                      PB &amp; J Sandwich (1)                      Tomato Bites                      Apple                      Goldfish Crackers                       Milk Choice</p>
<p><b><i>Cheesy Dipping Sticks</i></b>      9                      Pizza Dipper                      Dipping Sauce                      Apple                       Milk Choice</p>	<p><b><i>Power Yogurt</i></b>      10                      Yogurt Cups/Sunflower Seeds                      Crisp Veggie Sticks                      Fruit Choice                      Teddy Grahams                       Milk Choice</p>	<p><b><i>Nacho To Go</i></b>      11                      Cheese Sauce Cup                      Salsa Cup                      Pear                      Top &amp; Go Tortilla Chips                       Milk Choice</p>	<p><b><i>All American Meal</i></b>      12                      PB &amp; J Sandwich                      Tomato Bites                      Apple                       Milk Choice</p>
<p><b><i>Pizza "Munch-able"</i></b>      16                      Shredded Cheese                      Pizza Dipping Sauce                      Raspberry Sherbert Cup                      Dipping Sticks                       Milk Choice</p>	<p><b><i>Deli Delight</i></b>      17                      Deli Turkey/Cheese                      Lettuce/Tomatoes                      Raisins                      Mini Flatbread                       Milk Choice</p>	<p><b><i>Bistro Box</i></b>      18                      Sunflower Seeds/Boiled Egg                      Cucumber                      Apple Sauce Cup                      Chewy WG Bagel                       Milk Choice</p>	<p><b><i>Chicken Poppers</i></b>      19                      Chicken Poppers                      Carrots                      Juice Box                      Goldfish Crackers                       Milk Choice</p>

at or Skim Milk Variety is Offered With Every Meal - Menu is Subject to Change Without Notice - All Bread Products meet the USDA Whole Grain requirements for NSLP and

"The Maine Department Of Education and the USDA are equal opportunity providers and employers."