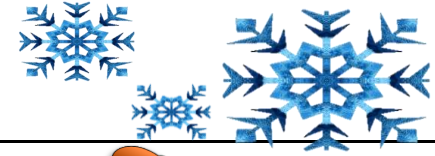


# RSU 54 School Lunch Menu

## January 2023



**All kids eat free, stop by for all 5 or leave with at least 3**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>WELCOME 2023</b> 2 	3 Bosco Sticks Marinara dipping sauce Garden Salad Diced Pears <b>Fruit and Veggie Bar</b>	4 <b>NATL SPAGHETTI DAY</b> Pepperoni Spaghetti Bake Garlic Bread Stick Garden Salad Sweet Orange <b>Fruit and Veggie Bar</b>	5 Chicken Fajita Mexican Corn w/ Black Beans Cinnamon Churro Mixed Fruit <b>Fruit and Veggie Bar</b>	6 Crunchy Fish Sticks Sun Chips Peas Banana <b>Fruit and Veggie Bar</b>
9 Baked French Toast Sticks Sausage links Diced Carrots Blueberry Compote	10 Oven Roasted Chicken w/Roll Mashed Potato Steamed Carrots Diced Pears <b>Fruit and Veggie Bar</b>	11 <b>NATL MILK DAY</b> Creamy Potato Soup Ham Sandwich Seasoned Peas Bananas <b>Fruit and Veggie Bar</b>	12 Beef Walkin' Taco Tortilla Chips, Black Beans Lettuce, Salsa, Sour Cream Cook's Fruit Choice <b>Fruit and Veggie Bar</b>	13 Personal Pizza or Pizza Crunchers Carrot/Celery Sticks Crisp Apple <b>Fruit and Veggie Bar</b>
16 <b>NO SCHOOL</b> <b>Fruit and Veggie Bar</b>	17 Scrambled Egg Patty w/ Cheese & Sausage English Muffin Sweet Strawberry Slices <b>Fruit and Veggie Bar</b>	18 3 Cheese Pulled Pork Enchiladas Whole Grain Rice Seasoned Corn Red & Green Grapes <b>Fruit and Veggie Bar</b>	19 Chicken Tenders Mediterranean Quinoa Salad Sweet Oranges <b>Fruit and Veggie Bar</b>	20 Hot Ham & Cheese Hoagie Tomato Soup Roasted Green Beans Diced Pears <b>Fruit and Veggie Bar</b>
23 Sloppy Joe on a WG Bun Baked Beans Cool Coleslaw Sweet Diced Peaches <b>Fruit and Veggie Bar</b>	<b>NATL PEANUT BUTTER DAY</b> 24 Waffle Sticks Peanut Butter Yogurt/Cheese Stic Celery Sticks Warm Cinnamon Applesauce <b>Fruit and Veggie Bar</b>	<b>EARLY RELEASE</b> 25 Crispy Chicken Sandwich Veggie Sticks Crisp Apple <b>Fruit and Veggie Bar</b>	26 Mac & Cheese Hot dog in a Blanket Steamed Broccoli Chilled Sliced Strawberries <b>Fruit and Veggie Bar</b>	27 School Made BBQ Chicken or Cheeseburger Pizza Roasted Broccoli & Cauliflower Fresh Maine Apple <b>Fruit and Veggie Bar</b>
<b>NATL CROISSANT DAY</b> 30 Chicken Broccoli Alfredo Hot Buttery Croissant Broccoli Mixed Fruit <b>Fruit and Veggie Bar</b>	31 Taco Chicken Soup w/Tortilla Chips Sweet Corn Kiwi <b>Fruit and Veggie Bar</b>	<b>NATL HOT COCOA DAY</b> 1 Buttermilk Pancakes Blueberries Dipping Sauce Sweet Potato Tots Hot Cocoa Parfait <b>Fruit and Veggie Bar</b>	2 Sweet & Sour Chicken w/ Broccoli and Peapods WG Steamed Rice Pineapple Mandarin Salad <b>Fruit and Veggie Bar</b>	3 Cheese Burger w/bun Potato Wedges Bright Green Peas Crisp Apple <b>Fruit and Veggie Bar</b>

A Low Fat or Skim Milk Variety is Served With Every Meal - Menu is Subject to Change Without Notice - All Bread Products meet the USDA Whole Grain requirements for NSLP and HUSSC

"This institution is an equal opportunity provider."