



Regional School District 13

2010 JUNE

Brewster, Korn, Lyman & Memorial



Meals are \$2.75
 All meals include choice of hot or cold vegetable, fresh fruit or fruit cup, bread and a choice of milk.
 (whole, skim, 1% and low fat Choco-

	Monday	Tuesday	Wednesday	Thursday	Friday		
1st choice 2nd choice Vegetables Fruit Bread	 Lunch Bunch Opt-1 Bagel & Cream Cheese String cheese, baby carrot w/ ranch dressing, Fresh Apple, Fruit Snack	 Lunch Bunch Opt-2 4 oz. Dannon Yogurt String cheese, baby carrot w/ ranch dressing, Fresh Apple, Teddy Graham	 Lunch Bunch Opt-3 Cereal Choice String cheese, baby carrot w/ ranch dressing, Banana Fruit Snack, Juice box				
1st choice 2nd choice Vegetables Fruit Bread		1 Chicken Tenders Grill Cheese Potato wedges, Veggie Sticks, Chilled pears cup	2 Cheese Quesadilla Beef Soft Taco Southwest corn Mix fruit salad	3 Baked Ziti w/ Meat sauce Chicken Parmesan Garden salad Fresh fruit & roll	4 Cheese pizza Tuna Sub Garden salad Fresh Fruit		
1st choice 2nd choice Vegetables Fruit Bread	7 Bagel Pizza Hamburger French Fries, Veggie sticks Apple	8 French Sticks & Sausage Sausage-Egg-Cheese Hash brown Mix fruit cup	9 LUNCH BUNCH 	10 Macaroni & Cheese Chicken Nuggets & Tots Garden salad, fresh fruit	11 Cheese pizza Fun Fish Sticks Garden salad Fresh Fruit		
1st choice 2nd choice Vegetables Fruit Bread	14 Chicken Patty Sandwich Steak-n-Cheese Sub French Fries, Veggie sticks Choice of fresh fruit	15 Taco Grande Mozzarella Sticks Garden Salad Mix Fruit Cup	16 Meatball Sub French Bread Pizza Tater tots, Veggie sticks Choice of Fresh Fruit	17 Chicken Nuggets With Dipping Sauces Tater Tots Fresh Fruit	18 LAST DAY PIZZA DAY Garden salad Fresh Fruit Memorial ONLY		
1st choice 2nd choice Vegetables Fruit Bread							



Meal tickets can be purchased on a daily bases.
Daily: \$2.75
5-Day ticket: \$13.75
10-Day Ticket: \$27.50

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