

September South School & Ash Point 2022

MONDAY	THURSDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5	6	7	8	9
Labor Day Holiday	APCS-No PreK class Nachos, Cheese Sauce, Corn Chips, Snap Peas, Fruit Cocktail	Blueberry-Banana Smoothie, Bagel with Cream Cheese, Red Pepper Sticks	Chop Suey, Garlic Bread, Steamed Corn, Orange Wedges	Pizza Dip, Sun Chips, Cheese Stick, Broccoli, Berry Cups
12	13	14	15	16
Chicken Nuggets, French Fries, Cucumber Sticks, Pears	Red White and Blue Yogurt Parfait, Granola, Ants on a Log (National ants on a log day!)	Beef, Bean & Cheese Burrito, Red Pepper Strips, Fruit Cocktail	Sweet and Sour Pork, Brown Rice Pilaf, Snap Peas, Apple Crisp with Whipped Cream	French Bread Pizza, Broccoli Flowerets, Craisins
19	20	21	22	23
Bosco Sticks, Marinara Sauce, Steamed Peas, Fruit Cocktail	Teriyaki Chicken Strips, Fried Brown Rice, Green Beans, Pineapple (National fried rice day!)	Early Release Ham and Cheese Sandwich, Cucumber Sticks, Macintosh Apple, Cookie	Taco Sandwich on Kaiser Roll, Potato Wedges, Watermelon	Cheeseburger Pizza, Baby Carrots, Peaches
26	27	28	29	30
Breakfast for Lunch, Pancakes, Eggs, Turkey Sausage, Home Fries, Craisins (National Pancake day!)	Chicken and Bean Quesadilla, Salsa, Sour Cream, Steamed Corn, Cantaloupe	Shepherd's Pie, Dinner Roll, Blueberry Crisp with Cream	Chicken Alfredo, Penne Pasta, Broccoli, Garlic Breadstick, Orange Wedges, Brownie	Pepperoni Pizza, Celery Sticks with Ranch, Pears



*******VERY IMPORTANT!!*******

EVERY FAMILY should fill out
ONE Free & Reduced Application
listing all children in the home

Specific programs that are funded by the data collected from Meal Benefit Applications:

- P-EBT Money
- Title 1 Schools
- Elementary & Secondary Education Act (ESEA)
- Individuals with Disabilities Act(IDEA)
- Special academic programming, and grant opportunities by the Maine Department of Education (DOE)
- Before/After School Programs
- Summer School Programs
- Teacher student loan forgiveness
- Essential Programs & Services(EPS)

No applications will be collected for the next 4 years.
Applications are available on line at <https://www.rsu13.org/services/nutrition>
or applications can be completed on line at <https://www.nlappscloud.com>

Any Questions can be directed to Darcy Millard dmillard@rsu13.org



Choice of 1% White Milk or White Skim Milk for Breakfast
Choice of 1% White Milk, White Skim Milk, or Fat Free Skim Milk for lunch