

## MAINE CONSOLIDATED SCHOOL #10

Please read the menu weekly, this will help keep you informed about events and information at Maine school.

If you have any messages for the menu, please send them to the office by Tuesday. This institution is an equal opportunity provider

### OCT. 7 thru OCT. 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal, Hard Boiled Egg, Pears, Milk	Choc. Chip Muffin, Hash Brown, Applesauce, Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	
<b>Lunch</b>	Chicken Fajitas, Refried Beans, Peaches, Milk	Spaghetti, Corn, Garlic Texas Toast, Mixed Fruit, Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	
<b>Activities</b>					

The kitchen manager may change the menu as necessary. The menu is an important method of communication with students, faculty and parents. Menus will be issued weekly.

**Health and nutrition are alive at Maine School! Every breakfast includes a FRUIT AND MILK and every lunch includes a FRUIT, VEGETABLE AND MILK.**

### REMINDERS:

*Fall Break – Wednesday, October 9<sup>th</sup> & Thursday, October 10<sup>th</sup>*



Book Fair – Monday, October 21<sup>st</sup> – Friday, October 25<sup>th</sup>

