

MAINE CONSOLIDATED SCHOOL #10

MARCH 31 thru APRIL 4

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal, Blueberry Parfait, Pears, Milk	Blueberry Waffles, Hash Brown, Peaches, Milk	Cinnamon Bun, Turkey Sausage, Applesauce, Milk	Biscuit/Gravy, Hard Boiled Egg, Pears, Milk	
Lunch	Grilled Cheese, Sandwich, Tomato Soup, Peaches, Milk	Tacos, Salad, Mixed Fruit, Milk, Taco Sauce, Ranch	Turkey & Cheese Sandwich, Carrot Sticks, Grapes Sun Chips, Milk, Mustard, Ranch	Hamburger Gravy/Rice, Green Beans, Dinner Roll, Pears, Milk	
Activities					

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. This institution is an equal opportunity provider.

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:

State testing has started, please make sure to check our website for our full testing schedule. A few reminders:

Be on time: Arriving on time ensures a calm, focused start to the day.

Eat a healthy breakfast: A nutritious meal helps fuel the brain and boost concentration.

Get a good night's sleep: Rested minds perform better.

We appreciate your support in helping out students succeed. Let's make this testing season a great one!

