

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

August 11th, - August 15th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Apple Muffin, Hash Brown, Mixed Fruit, Milk	Cereal, Yogurt, Peaches, Milk	French Toast Sticks, Turkey Sausage, Applesauce, Milk	Biscuits & Gravy, Hard Boiled Egg, Oranges, Milk	
Lunch	Chicken Fajitas, Salad, Pears, Milk, Taco Sauce, Ranch	Hamburger Gravy, Mashed Potatoes, Corn, Dinner Roll, Mixed Fruit, Milk	Sunflower Butter/Jelly Sandwich, Carrots/Cucumbers, Apple, Sun Chips, Milk, Ranch Dressing	Hot Dog, Pork & Beans, Pears, Milk, Ketchup, Mustard	
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.

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:

Start the day off with a healthy breakfast at Maine Consolidated school!

Cross country and soccer practice begins Monday, August 11th!

PTO meeting Tuesday, August 12th, at 5pm!

