



# Regional School District 13

## 2010 MAY

### 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		 <b>Lunch Bunch Opt-1</b> Bagel & Cream Cheese String cheese, baby carrot w/ ranch dressing, Fresh Apple, Fruit Snack	 <b>Lunch Bunch Opt-2</b> 4 oz. Dannon Yogurt String cheese, baby carrot w/ ranch dressing,	 <b>Lunch Bunch Opt-3</b> Cereal Choice String cheese, baby carrot w/ ranch dressing, Banana Fruit Snack, Juice box	
3	<b>Hot Dog</b> Hamburger on wheat bun Boston Baked Beans Potato chips & Fresh Fruit	4 <b>Chicken Tenders</b> Grill Cheese Potato wedges, Veggie Sticks, Chilled pears cup	 <b>CINCO DE MAYO</b> <b>Cheese Quesadilla</b> Beef Soft Taco Southwest corn Ambrosia cup	5 <b>Baked Ziti w/ Meat sauce</b> Chicken Parmesan Garden salad Fresh fruit & roll	6 <b>Cheese pizza</b> Tuna Sub Garden salad Fresh Fruit
10	<b>Bagel Pizza</b> Hamburger French Fries, Veggie sticks Apple	11 <b>French Toast</b> Or Blueberry Pancake Sausage & hash brown Mix fruit cup	12 <b>LUNCH BUNCH</b> 	13 <b>Macaroni &amp; Cheese</b> Turkey & Cheese Sub Garden salad, fresh fruit	14 <b>Cheese pizza</b> Fun Fish Sticks Garden salad Fresh Fruit
17	<b>Chicken Patty Sandwich</b> Steak-n-Cheese Sub French Fries, Veggie sticks Choice of fresh fruit	18 <b>Spaghetti &amp; Meatballs</b> French Bread Pizza Garden Salad Mix Fruit Cup	19 <b>Roast Beef on a roll</b> Chicken Nuggets w/sauce Veggie sticks, chips Fresh Fruit	20 <b>Sausage Pancake stick</b> Egg-n-Cheese Bagel Hash brown, Orange Wedges	21 <b>Cheese pizza</b> Fish Sandwich Garden salad Fresh Fruit
24	<b>Meatball Sub</b> Ham & Cheese Sub Tater tots, Veggie sticks Choice of Fresh Fruit	25 <b>Quesadilla</b> Sloppy Joe Southwest corn Mix fruit salad	26 <b>LUNCH BUNCH</b> 	27 <b>Taco Grande</b> Mozzarella Sticks Garden Salad, Pineapple cup	28 <b>Cheese pizza</b> Fun Fish Sticks Garden salad Fresh Fruit



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



Mark Basil, FSD  
 135 Pickett Lane, Durham, CT. 06422  
 349-7200  
 mbasil@rsd13.org

