



SEPTEMBER 2025

Spruce Mountain Elementary School

Check payable to RSU 73
for Ala Carte Sales
Contact lmerrill@rsu73.com



Monday

No
School

Tuesday

Chicken Burger w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

Wednesday

Baked Beans
Pigs in a blanket
Salad Bar
w/ Fruits & Veggies
Choice of Milk

Thursday

Tuna, Turkey, or Ham
Sandwich
Salad Bar
w/ Fruits & Veggies
Choice of Milk

Friday

Hamburger w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

1

2

3

4

5

8

Grilled Cheese Sandwich
Salad Bar
w/ Fruits & Veggies
Choice of Milk

9

"Breakfast for Lunch"
French Toast w/ Sausage
Salad Bar
w/ Fruits & Veggies
Choice of Milk

10

"Breakfast for Lunch"
Phoenix Sandwich
Salad Bar
w/ Fruits & Veggies
Choice of Milk

11

Cheeseburger w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

12

Beans & Hot Dog w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

15

Beef Nachos
w/ Salsa
Salad Bar
w/ Fruits & Veggies
Choice of Milk

16

Mac & Cheese
Hot Dog, Roll
Salad Bar
Fruits & Veggies
Choice of Milk

17

Early Release
Bosco Stick w/ sauce
Salad Bar
w/ Fruits & Veggies
Choice of Milk

18

Cheese Quesadilla
Salad Bar
Fruits & Veggies
Choice of Milk

19

Chicken Nuggets
FF
Salad Bar
w/ Fruits & Veggies
Choice of Milk

22

Beans & Hot Dog w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

23

Chicken Burger w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

24

Pizza
Salad Bar
w/ Fruits & Veggies
Choice of Milk

25

"Breakfast for Lunch"
Phoenix Sandwich
Salad Bar
w/ Fruits & Veggies
Choice of Milk

26

Grilled Cheese Sandwich
Salad Bar
w/ Fruits & Veggies
Choice of Milk

29

Cheeseburger w/ Roll
Salad Bar
w/ Fruits & Veggies
Choice of Milk

30

Tuna, Turkey, or Ham
Wraps
Salad Bar
w/ Fruits & Veggies
Choice of Milk



Menu is subject to change without notice

Alternate Sandwich choice is offered daily

All meals are served with whole grains and a variety of vegetables to meet the USDA requirements.

"This Institution, the Department of Education and the USDA are equal opportunity providers and employers."

