

**SAU #93 Monadnock Regional
School District MENU
600 Old Homestead Highway
Swansey NH 03446
(603) 903-6818**

All Meals Subject to Changes
This institution is an Equal Opportunity Provider

October 12- 22, 2021

- Meal Prices:** Breakfast & lunches will be provided at no cost to students for this school year.

Free and Reduced Meals

The USDA (United States Department of Agriculture) released nationwide waivers extending flexibilities for the Seamless Summer Option (SSO) through June 30, 2022.

SSO is a federally funded program that provides free Breakfast & Lunch meals to all students regardless of their family income level.

This is a further extension of the program that provided meals over the last school year.

There is no paperwork required for families to complete to receive these free meals.

However, if a student would normally qualify for free or reduced lunch, we are encouraging all families to still please apply. It helps the District in receiving funding and could possibly make families eligible for other State & Federal benefits.

Applications can be easily completed at
<https://family.titank12.com/>

Monday, OCT 11

Breakfast

NO SCHOOL

Lunch

NO SCHOOL

Tuesday, OCT 12

Breakfast

Muffin of the Day

100% Juice
Milk

Lunch

**Cinnamon Roll
Yogurt Cup
Sunflower Seeds or
String Cheese
Grape Tomatoes
Fresh Apple
Milk**
MRMS-HS- CheeseBurger

Wednesday, OCT 13

Breakfast

Breakfast Cereal

WG Cracker
Fruit of the Day
Milk

Lunch

**Chicken Patty WG Roll
Lettuce & Tomato
Wango Juice
Fresh Melon
Milk**

Thursday, OCT 14

Breakfast

WG Banana Bread

Chilled Pears
Milk

Lunch

**Egg & Cheese
Croissant
Breakfast Potato
Carrots
Chilled Juice cup
Milk**

Friday, OCT 15

Breakfast

Breakfast Cereal

WG Cracker
Orange Juice
Milk

Lunch

**Pasta & Sauce
Garlic Toast
Green Beans
Fresh Fruit
Milk**

Monday, OCT 18

Breakfast

Breakfast Cereal

WG Crackers
Chilled Fruit
Milk

Lunch

**Mini Corn Dogs
Veggie Sticks
Chex Mix
Chilled Pineapple
Milk**

Tuesday, OCT 19

Breakfast

Breakfast Pastry

Chilled Fruit
Milk

Lunch

**Taco Meal
Lettuce, Tomato
Cheese
Corn Chips, Salsa
Fruit of the Day
Milk**

Wednesday, OCT 20

Breakfast

Manager's Breakfast

Fruit of the Day
Milk

Lunch

**Managers' Choice
Vegetable of the Day
Fruit of the Day
Ice Cream Sandwich
Milk**

Thursday, OCT 21

Breakfast

Breakfast Cereal

WG Cracker
Mixed Fruit Cup
Milk

Lunch

**Chicken & Gravy
Mashed Potato, Roll
Roasted Bnut Squash
Fruit Cobbler
WG Cookie**

Friday, OCT 22

Breakfast

Manager's Breakfast

Fruit of the Day
Milk

Lunch

**Bosco Sticks
Marinara Sauce
Veggie Salad
Fresh Fruit
Milk**

Direct Cafeteria Contact Numbers

- Cutler School (603) 355-3132
- Emerson School (603) 585-6006
- Gilsum School (603) 903-6818
- Mt. Caesar School (603) 903-6531
- Troy School (603) 242-6564
- Monadnock MS HS (603) 903-6806
- Main Office (603) 903-6818**