

SAU #13

All students receive fresh fruit or vegetable for free for their morning snack.

1% or skim milk is served daily for breakfast, lunch and snack.
LF chocolate or strawberry milk are included on Tuesdays and Thursdays.

We offer daily a choice of sandwich or regular hot lunch. Sandwich choice also includes the vegetable and fruit on the menu for the day. Nutbutter and Jelly sandwiches are offered daily.

Breakfast includes: Homemade muffins, wraps and breads. Hard boiled eggs, WG cereals, Bagels with LF cream cheese or peanut butter, LF Yogurt, Cheese sticks Fresh Fruit 100% juice Fat Free or skim milk.

Please see the students hand book for meal collection procedures.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Home-style Cooking

Our “back to basics” approach to school nutrition has enabled us to serve wholesome, great tasting food while teaching students to make nutritious meal and snack choices, thus setting the stage for our children to enjoy a more enriching educational experience. We prepare our food in small batches, with wholesome ingredients, just like you do for your own families. Our meals remain fresh and delicious, from the first minutes of service to the last student through our doors. Our purchased items, including meat, produce and other ingredients, are delivered fresh or flash frozen, and often come from local vendors. We tested and refined our recipes, incorporating seasonal food trends and regional taste preferences. Wherever possible, we do “scratch cooking,” making our own sauces, soups, salad dressings, marinades and gravies. We add fresh herbs and spices for the best flavors. The result is wholesome foods made from simple, natural ingredients. All lunches include five great choices: Milk-skim, 1% milk, vegetables, fruits, Whole grains and proteins. Students must select at least 3 food groups at every meal; at least one food group out of 3 must be a fruit or vegetable. See what we are doing at your school to keep your kids healthy!

Food Service Technicians wanted:

Have you been looking for a way to get involved with your school district?

Are you looking for a job where you can be home when your child is?

SAU#13's Food Service is looking for some highly energetic, enthusiasts, conscientious, caring individuals to work part time in the fast pace Food Service industry.

Hours vary from 8am-1:30pm, Monday thru Friday.

Applicants' must have a minimum of 1 year food service experience.

If you have any questions please email: vwasson@mes-nh.com

or call 367-4642 x 138 to speak with Vicki Wasson FSD.

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