

**RSU 83/MSAD 13 (Bingham, Moscow) – www.sad13.org**  
**BREAKFAST/LUNCH MENU**  
**WEEK OF SEPTEMBER 18-SEPTEMBER 22, 2023**

	<i><b>BREAKFAST</b></i>	<i><b>LUNCH</b></i>	
Monday 9/18/23	Cereal/WG Toast Fresh Fruit Juice/Milk	Chicken Tenders/Choice of Dipping Sauce Tossed Salad Fruit/Milk Choice	
Tuesday 9/19/23	Breakfast Pizza Fresh Fruit Juice/Milk	Cheeseburger Soup/WG Bread Broccoli Fruit/Milk Choice	
Wednesday 9/20/23	Cheese Omelet Home Fries Fresh Fruit/Juice/Milk	Grilled Cheese on WG Bread Tomato Soup/Cucumbers/Ranch Fruit/Milk Choice	EARLY RELEASE 11:30 DISMISSAL
Thursday 9/21/23	Cereal Bagel/Cream Cheese Fresh Fruit/Juice/Milk	Chicken Teriyaki/Buttered Peas Asian Noodle Salad Fruit/Milk Choice	
Friday 9/22/23	Yogurt Cup Blueberry Muffin Fresh Fruit/Juice/Milk	Pepperoni Pizza Baby Carrots/Ranch Fruit/Milk Choice	“Hat Day” Friday

**ANNUAL NOTIFICATION OF BUILDING OCCUPANTS**

FROM: Sandra MacArthur  
 Superintendent of Schools

TO: All Parents and Community Members

DATE: September 14, 2023

The Moscow Elementary School and Upper Kennebec Valley Memorial Jr./Sr. High School have been inspected for the presence of asbestos-containing materials (ACM). A written plan for the management of these materials has been developed. This plan is available for inspection at the Superintendent’s Office of M.S.A.D. #13 and at each administrative office during regular office hours. Copies may be made on request at a cost of 20 cents per page.

**\*Menu subject to change without notice.**  
**Peanut butter and jelly or ham and cheese as an alternative lunch at all schools.**  
**“MSAD 13 is a tobacco free environment.”**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov) This institution is an equal opportunity provider.