

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/

Monday



5

Tuesday

6

Wednesday

7

Thursday

1

Friday

2

*Whole grain Mini Chicken Tacos W/ Queso Cheese Sauce

12

½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* Mandarin Orange Chicken

13

½ Cup Whole Grain Lo-Mein Noodles
½ Cup Fresh Baby Carrots w/ Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* Scrambled Eggs and Sausage With a Whole Grain Biscuit

14

½ Cup Roasted Red Potatoes
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* Popcorn Chicken With Whole Grain Breading

15

½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

*Meatball Sub On a Whole Grain Roll

16

½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

*CFC- Cafeteria Fried Chicken With Whole Grain Breading

19

½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

*Spaghetti and Meatsauce Made with Whole Grain Spaghetti

20

½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Breaded Crispy Chicken Sandwich On a Whole Grain Roll

21

½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* Cheese Pizza With Whole Grain Crust

22

½ Cup Fresh Cucumber Sticks w/ Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

*Boneless Chicken Wings With Whole Grain Breading

23

½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

*Cheeseburger On a Whole Grain Roll

26

½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* BBQ Sandwich On a Whole Grain Roll

27

½ Cup Fresh Baby Carrots w/ Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* Whole Grain Gilardi Cheese Sticks

28

½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

* Popcorn Chicken With Whole Grain Breading

29

½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

*Taco Beef & WG Cilantro Lime Rice With a Whole Grain Tortilla

29

¼ cup Cheddar Cheese
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk