

**“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/](http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/)

### Monday



**½ Day** 5  
**No Lunch Served**

### Tuesday

[www.schoolcafe.com](http://www.schoolcafe.com)

- Check your student’s meal account balance
- Check calories, carbohydrate counts, etc. on menu items
- Apply for free or reduced meals
- Make Payments your student’s account (for a small fee)

### Wednesday

### Thursday

### Friday

**★ Muy Buena Enchiladas** 12  
**\*Mini Chicken Tacos**  
**\*Chef Salad w/ Turkey Stick**  
*With Whole Grain Roll*  
Corn  
Pinto Beans  
Lettuce, Tomatoes, Onions, Salsa  
Fruit and Milk Choices

**\*CFC- Cafeteria Fried Chicken** 19  
*With Whole Grain Roll*  
**\*Chef Salad w/ Turkey**  
*With Whole Grain Roll*  
**\*Grilled Cheese Sandwich**  
Mashed Potatoes and Gravy  
Green Peas  
Cookie  
Fruit and Milk Choices

**\*Hamburger or Cheeseburger** 26  
**\*Grilled Cheese Sandwich**  
**\*Chef Salad w/ Turkey Stick**  
*With Whole Grain Roll*  
French Fries  
Zucchini Sticks with Ranch  
Lettuce, Tomato, and Onion Trimmings  
Fruit and Milk Choices

**\*Hamburger or Cheeseburger** 6  
**\*Grilled Cheese Sandwich**  
French Fries  
Zucchini Sticks with Ranch  
Lettuce, Tomato, and Onion Trimmings  
Fruit and Milk Choices

**\*Mandarin Orange Chicken** 13  
*With Lo Mein Noodles*  
**\*Breaded Mozzarella Cheese Stix**  
*With Pizza Dipping Sauce and Ranch*  
**\*Yogurt Parfait**  
Fresh Baby Carrots with Ranch  
Steamed Broccoli  
Fruit and Milk Choices

**★ Schoolhouse Turkey Tetrazzini** 20  
**\*Spaghetti and Meatsauce** 20  
*Both with WG Garlic Breadstick*  
**\*Yogurt Parfait**  
Fresh Baby Carrots with Ranch  
Green Beans  
Lettuce, Tomato, and Onion Trimmings  
Fruit and Milk Choices

**\*BBQ Sandwich** 27  
**\*Turkey and Cheese Sub** 27  
**\*Yogurt Parfait**  
Baked Potato w/ Cheese Cup,  
Low-Fat Sour Cream & Margarine  
Cole Slaw  
Lettuce and Tomato Trimmings  
Cookie  
Fruit and Milk Choices

**\*Fajita Chicken Pasta** 7  
*With Red or Alfredo Sauce*  
*Served with WG Garlic Breadstick*  
**\*Gilardi Cheese Filled Breadsticks**  
**\*Chef Salad w/ Turkey Stick**  
*With Whole Grain Roll*  
Fresh Baby Carrots with Ranch  
Green Beans  
Fruit and Milk Choices

**\*Sausage and Scrambled Eggs** 14  
**With Buttermilk Biscuit** 14  
**\*Chef Salad w/ Turkey Stick**  
*With Whole Grain Roll*  
Roasted Red Potatoes  
Cucumber Sticks with Ranch  
Cookie  
Fruit and Milk Choices

**\*Crispy Chicken Sandwich** 21  
**\*Hot and Spicy Chicken Sandwich** 21  
**\*Chef Salad w/ Turkey Stick**  
*With Whole Grain Roll*  
Baked Beans  
French fries  
Lettuce, Tomato, and Onion Trimmings  
Fruit and Milk Choices

**\*Fajita Chicken Pasta** 28  
*With Red or Alfredo Sauce*  
*Served with WG Garlic Breadstick*  
**\*Gilardi Cheese Filled Breadsticks**  
**\*Chef Salad w/ Turkey Stick**  
*With Whole Grain Roll*  
Fresh Baby Carrots with Ranch  
Green Beans  
Fruit and Milk Choices

**\*Popcorn Chicken** 8  
*With Whole Grain Roll*  
**\*Turkey and Cheese Sub** 8  
Mashed Potatoes and Gravy  
Broccoli and Cheese  
Lettuce and Tomato Trimmings  
Fruit and Milk Choices

**\*Boneless Chicken Wings** 15  
*With Whole Grain Roll*  
**\*Grilled Cheese Sandwich** 15  
Green Beans  
Oven Browned Potatoes  
Cookie  
Fruit and Milk Choices

**\*Pizza Choices** 22  
*Cheese, Pepperoni, Taco*  
*With Dipping Sauce and Ranch*  
**\*Turkey and Cheese Sub** 22  
Broccoli and Cheese  
Cucumber Sticks with Ranch  
Lettuce and Tomato Trimmings  
Fruit and Milk Choices

**\*Popcorn Chicken** 29  
*With Whole Grain Roll*  
**\*Turkey and Cheese Sub** 29  
Mashed Potatoes and Gravy  
Broccoli and Cheese  
Lettuce and Tomato Trimmings  
Fruit and Milk Choices

**\*\*Beef Taco Bowl** 9  
**\*Yogurt Parfait** 9  
Cilantro Lime Rice  
Soft WG Flour Tortilla  
White Cheese Queso  
Corn & Pinto Beans  
Lettuce, Tomatoes, Onions, Salsa  
Fruit & Milk Choices

**\*Meatball Sub** 16  
**\*Gilardi Cheese Filled Breadsticks** 16  
*With Pizza Dipping Sauce and Ranch*  
**\*Yogurt Parfait** 16  
Broccoli and Cheese  
Salad Shaker  
Fruit and Milk Choices

**\*Chicken Parmesan Sub** 23  
**\*Gilardi Cheese Filled Breadsticks** 23  
*With Pizza Dipping Sauce and Ranch*  
**\*Yogurt Parfait** 23  
Corn  
Salad Shaker with Ranch Dressing  
Fruit and Milk Choices

**\*\*Beef Taco Bowl** 30  
**\*Yogurt Parfait** 30  
Cilantro Lime Rice  
Soft WG Flour Tortilla  
White Cheese Queso  
Corn & Pinto Beans  
Lettuce, Tomatoes, Onions, Salsa  
Fruit & Milk Choices

