

“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

***Whole grain Mini Chicken Tacos** 12
W/ Queso Cheese Sauce

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

***CFC- Cafeteria Fried Chicken** 19
With Whole Grain Breading

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

***Whole grain Mini Chicken Tacos** 26
W/ Queso Cheese Sauce

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

Tuesday

6

***Thick Crust Whole Grain Cheese Pizza** 13

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

***Cheeseburger** 20
On a Whole Grain Roll

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

***Thick Crust Whole Grain Cheese Pizza** 27

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

Wednesday

7

*** Whole Grain Breaded Crispy Chicken Sandwich** 14
On a Whole Grain Roll

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

***Boneless Chicken Wings** 21
With Whole Grain Breading

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

*** Whole Grain Breaded Crispy Chicken Sandwich** 28
On a Whole Grain Roll

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

Thursday

1

***Grilled Cheese Sandwich** 15
On Whole Grain Bread

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

***Scrambled Eggs and Sausage** 22
With a Whole Grain Biscuit

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

***Grilled Cheese Sandwich** 29
On Whole Grain Bread

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

Friday

2

***Mandarin Orange Chicken** 16

½ Cup Whole Grain Lo-Mein Noodles
½ Cup Steamed Broccoli
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

***Spaghetti and Meatsauce** 23
Made with Whole Grain Spaghetti

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

***Mandarin Orange Chicken**

½ Cup Whole Grain Lo-Mein Noodles
½ Cup Steamed Broccoli
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk