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### Monday



5

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

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

#### **\*Grilled Cheese Sandwich** 19 *On Whole Grain Bread*

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

#### **\*Popcorn Chicken** 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