



**“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

★ **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

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

★ **Boneless Chicken Wings** 15  
★ **Grilled Cheese Sandwich**  
Green Beans  
Oven Browned Potatoes  
Cookie  
Fruit and Milk Choices

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

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

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

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

★ **Pizza Choices** 22  
*Cheese or Pepperoni*  
*With Dipping Sauce and Ranch*  
★ **Turkey and Cheese Sandwich**  
Broccoli and Cheese  
Cucumber Sticks with Ranch  
Lettuce and Tomato Trimmings  
Fruit and Milk Choices

★ **Chicken Parmesan Sub** 23  
★ **Gilardi Cheese Filled Breadstick**  
*With Pizza Dipping Sauce and Ranch*  
★ **Yogurt Parfait**  
Corn  
Salad Shaker with Ranch Dressing  
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

★ **BBQ Sandwich** 27  
★ **Turkey and Cheese Sandwich**  
★ **Yogurt Parfait**  
Baked Potato w/ Cheese Cup & Margarine  
Cole Slaw  
Lettuce and Tomato Trimmings  
Cookie  
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** 29  
★ **Turkey and Cheese Sandwich**  
Mashed Potatoes and Gravy  
Broccoli and Cheese  
Lettuce and Tomato Trimmings  
Fruit and Milk Choices

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

