

“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



Tuesday

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

½ Day

5

No Lunch Served

***Cheeseburger**

6

French Fries
Zucchini Sticks with Ranch
Lettuce, And Tomato Trimmings
Fruit and Milk Choices

***Gilardi Cheese Filled Breadsticks**

7

With Dipping Sauce and Ranch
Fresh Baby Carrots with Ranch
Green Beans
Fruit and Milk Choices

***Popcorn Chicken**

8

w/ Whole Grain Dinner Roll
Mashed Potatoes and Gravy
Broccoli and Cheese
Lettuce and Tomato Trimmings
Fruit and Milk Choices

****Beef Taco Bowl**

9

Cilantro Lime Rice
Soft WG Flour Tortilla
White Cheese Queso
Corn & Pinto Beans
Salsa
Fruit & Milk Choices

***Mini Chicken Tacos
W/ Queso Cheese Sauce**

12

Corn
Pinto Beans
Fruit and Milk Choices

***BBQ Sandwich**

13

Baked Potato
w/ Cheese Cup & Margarine
Creamy Cole Slaw
Fruit and Milk Choices

***Crispy Chicken Sandwich**

14

Baked Beans
French fries
Fruit and Milk Choices

***Turkey and Cheese Sub**

15

Fresh Baby Carrots w/ Ranch
Shredded Lettuce and Tomato
Cookie
Fruit and Milk Choices

***Chicken Parmesan Sub**

16

Broccoli and Cheese
Salad Shaker w/ Ranch
Fruit and Milk Choices

***CFC- Cafeteria Fried Chicken
With Whole Grain Roll**

19

Green Beans
Oven Browned Potatoes
Fruit and Milk Choices

***Cheeseburger**

20

French Fries
Baked Beans
Fruit and Milk Choices

***Boneless Chicken Wings**

21

With Whole Grain Roll
Mashed Potatoes and Gravy
Corn
Fruit and Milk Choices

***Turkey and Cheese Sub**

22

Fresh Baby Carrots w/ Ranch
Shredded Lettuce and Tomato
Cookie
Fruit and Milk Choices

***Meatball Sub**

23

Broccoli and Cheese
Salad Shaker w/ Ranch
Fruit and Milk Choices

***Mini Chicken Tacos
W/ Queso Cheese Sauce**

26

Corn
Pinto Beans
Fruit and Milk Choices

***BBQ Sandwich**

27

Baked Potato
w/ Cheese Cup & Margarine
Creamy Cole Slaw
Fruit and Milk Choices

***Crispy Chicken Sandwich**

28

Baked Beans
French fries
Fruit and Milk Choices

***Turkey and Cheese Sub**

29

Fresh Baby Carrots w/ Ranch
Shredded Lettuce and Tomato
Cookie
Fruit and Milk Choices

***Chicken Parmesan Sub**

30

Broccoli and Cheese
Salad Shaker w/ Ranch
Fruit and Milk Choices