

September 2019 Robertson County Schools 6-12 Lunch Menu

LUNCH

“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

NO
SCHOOL

2

Tuesday

***Mandarin Orange Chicken**

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

3

Wednesday

***Sausage and Scrambled Eggs**

With Buttermilk Biscuit

***Chef Salad w/ Turkey Stick**

With Whole Grain Roll

Roasted Red Potatoes

Cucumber Sticks with Ranch

Cookie

Fruit and Milk Choices

4

Thursday

***Boneless Chicken Wings**

With Whole Grain Diner Roll

***Grilled Cheese Sandwich**

Green Beans

Oven Browned Potatoes

Cookie

Fruit and Milk Choices

5

Friday

***Meatball Sub**

***Gilardi Cheese Filled Breadsticks**

With Pizza Dipping Sauce and Ranch

***Yogurt Parfait**

Broccoli and Cheese

Salad Shaker

Fruit and Milk Choices

6

***CFC- Cafeteria Fried Chicken**

With Whole Grain Diner Roll

***Chef Salad w/ Turkey**

With Whole Grain Roll

***Grilled Cheese Sandwich**

Mashed Potatoes and Gravy

Green Peas

Cookie

Fruit and Milk Choices

9

★Schoolhouse Turkey Tetrazzini

***Spaghetti and Meatsauce**

Both with WG Garlic Breadstick

***Yogurt Parfait**

Fresh Baby Carrots with Ranch

Green Beans

Fruit and Milk Choices

10

***Crispy Chicken Sandwich**

***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

11

***Pizza Choices**

With Dipping Sauce and Ranch

***Turkey and Cheese Sandwich**

Broccoli and Cheese

Cucumber Sticks with Ranch

Lettuce and Tomato Trimmings

Fruit and Milk Choices

12

***Chicken Parmesan Sub**

***Gilardi Cheese Filled Breadsticks**

With Pizza Dipping Sauce and Ranch

***Yogurt Parfait**

Corn

Salad Shaker with Ranch Dressing

Fruit and Milk Choices

13

NO
SCHOOL

16

***BBQ Sandwich**

***Turkey and Cheese Sandwich**

***Yogurt Parfait**

Baked Potato w/ Cheese Cup & Margarine

Cole Slaw

Lettuce and Tomato Trimmings

Cookie

Fruit and Milk Choices

17

***Fajita Chicken Pasta**

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

18

***Popcorn Chicken**

With Whole Grain Diner Roll

***Turkey and Cheese Sandwich**

Mashed Potatoes and Gravy

Broccoli and Cheese

Lettuce and Tomato Trimmings

Fruit and Milk Choices

19

****Beef Taco Bowl**

***Yogurt Parfait**

Cilantro Lime Rice

Soft WG Flour Tortilla

White Cheese Queso & Trimmings

Corn & Pinto Beans

Fruit & Milk Choices

20

★ Muy Buena Enchiladas

***Mini Chicken Tacos**

***Chef Salad w/ Turkey Stick**

With Whole Grain Roll

Corn

Pinto Beans

Lettuce, Tomatoes, Onions, Salsa

Fruit and Milk Choices

23

***Mandarin Orange Chicken**

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

24

***Sausage and Scrambled Eggs**

With Buttermilk Biscuit

***Chef Salad w/ Turkey Stick**

With Whole Grain Roll

Roasted Red Potatoes

Cucumber Sticks with Ranch

Cookie

Fruit and Milk Choices

25

***Boneless Chicken Wings**

***Grilled Cheese Sandwich**

Green Beans

Oven Browned Potatoes

Cookie

Fruit and Milk Choices

26

***Meatball Sub**

***Gilardi Cheese Filled Breadsticks**

With Pizza Dipping Sauce and Ranch

***Yogurt Parfait**

Broccoli and Cheese

Salad Shaker

Fruit and Milk Choices

27

***CFC- Cafeteria Fried Chicken**

With Whole Grain Diner Roll

***Chef Salad w/ Turkey**

With Whole Grain Roll

***Grilled Cheese Sandwich**

Mashed Potatoes and Gravy

Green Peas

Cookie

Fruit and Milk Choices

30

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)

