

“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

***Cheeseburger**
On a Whole Grain Roll

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

3

Wednesday

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

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

4

Thursday

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

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

5

Friday

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

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

6

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

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

9

***Thick Crust Whole Grain Cheese Pizza**

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

10

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

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

11

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

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

12

***Mandarin Orange Chicken**

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

13

**NO
SCHOOL**

16

***Cheeseburger**
On a Whole Grain Roll

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

17

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

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

18

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

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

19

Spaghetti and Meatsauce
Made with Whole Grain Spaghetti

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

20

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

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

23

***Thick Crust Whole Grain Cheese Pizza**

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

24

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

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

25

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

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

26

***Mandarin Orange Chicken**

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

27

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

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

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)

