

“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**

3

½ Cup Whole Grain Lo-Mein Noodles
½ Cup Fresh Baby Carrots w/ Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Wednesday

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

4

½ Cup Roasted Red Potatoes
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Thursday

***Popcorn Chicken**
With Whole Grain Breading

5

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

Friday

***Meatball Sub**
On a Whole Grain Roll

6

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

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

9

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

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

10

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

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

11

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

***Cheese Pizza**
With Whole Grain Crust

12

½ Cup Fresh Cucumber Sticks w/ Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

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

13

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

NO
SCHOOL

16

***Grilled Cheese Sandwich**
On a Whole Grain Roll

17

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

***Whole Grain Gilardi Cheese Sticks**

18

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

***Popcorn Chicken**
With Whole Grain Breading

19

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

***Taco Beef & WG Cilantro Lime Rice**
With a Whole Grain Tortilla

20

¼ cup Cheddar Cheese
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

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

23

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

*** Mandarin Orange Chicken**

24

½ Cup Whole Grain Lo-Mein Noodles
½ Cup Fresh Baby Carrots w/ Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

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

25

½ Cup Roasted Red Potatoes
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

***Popcorn Chicken**
With Whole Grain Breading

26

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

*** Meatball Sub**
On a Whole Grain Roll

27

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

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

30

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

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)

