

# September 2019 Robertson County Schools RCAP 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/](http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/)

Monday

Tuesday

Wednesday

Thursday

Friday

NO  
SCHOOL

2

**\*Cheeseburger**

French Fries  
Baked Beans  
Fruit and Milk Choices

3

**\*Boneless Chicken Wings**

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

4

**\*Turkey and Cheese Sub**

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

5

**\*Meatball Sub**

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

6

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

9

Corn  
Pinto Beans  
Fruit and Milk Choices

**BBQ Sandwich**

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

10

**\*Crispy Chicken Sandwich**

Baked Beans  
French fries  
Fruit and Milk Choices

11

**\*Turkey and Cheese Sub**

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

12

**\* Chicken Parmesan Sub**

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

13

NO  
SCHOOL

16

**\* Cheeseburger**

French Fries  
Baked Beans  
Fruit and Milk Choices

17

**\*Boneless Chicken Wings**

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

18

**\*Turkey and Cheese Sub**

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

19

**\* Meatball Sub**

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

20

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

23

Corn  
Pinto Beans  
Fruit and Milk Choices

**\*BBQ Sandwich**

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

24

**\* Crispy Chicken Sandwich**

Baked Beans  
French fries  
Fruit and Milk Choices

25

**\* Turkey and Cheese Sub**

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

26

**\* Chicken Parmesan Sub**

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

27

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

30

Green Beans  
Oven Brownd Potatoes  
Fruit and Milk Choices

[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)

