

“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

*CFC- Cafeteria Fried Chicken
*Chef Salad w/ Turkey
With Whole Grain Roll
*Grilled Cheese Sandwich
Mashed Potatoes and Gravy
Green Peas
Cookie
Fruit and Milk Choices

9

NO
SCHOOL

16

★ *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

*CFC- Cafeteria Fried Chicken
*Chef Salad w/ Turkey
With Whole Grain Roll
*Grilled Cheese Sandwich
Mashed Potatoes and Gravy
Green Peas
Cookie
Fruit and Milk Choices

30

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

★ *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

*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

*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

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

*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

*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

*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

Thursday

*Boneless Chicken Wings
*Grilled Cheese Sandwich
Green Beans
Oven Browned Potatoes
Cookie
Fruit and Milk Choices

5

*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

*Popcorn Chicken
*Turkey and Cheese Sandwich
Mashed Potatoes and Gravy
Broccoli and Cheese
Lettuce and Tomato Trimmings
Fruit and Milk Choices

19

*Boneless Chicken Wings
*Grilled Cheese Sandwich
Green Beans
Oven Browned Potatoes
Cookie
Fruit and Milk Choices

26

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

*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

**Beef Taco Bowl
*Yogurt Parfait
Cilantro Lime Rice
Soft WG Flour Tortilla
White Cheese Queso & Trimmings
Corn & Pinto Beans
Fruit & Milk Choices

20

*Meatball Sub
*Gilardi Cheese Filled Breadsticks
With Pizza Dipping Sauce and Ranch
*Yogurt Parfait
Broccoli and Cheese
Salad Shaker
Fruit and Milk Choices

27

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)

