

“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

FOR NUTRIENT INFORMATION VISIT

SCHOOLCAFE.COM

FROM YOUR COMPUTER, TABLET, OR SMARTPHONE

[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)

**\*Hamburger or Cheeseburger**  
**\*Grilled Cheese Sandwich**

7

French Fries  
Fruitable Tropical Twist  
Cookie  
Fruit Choices  
Milk Choices

**\*Popcorn Chicken**  
*With WG Dinner Roll*  
**\*Deli Combo Sub**  
**\*Yogurt Parfait**

8

Mashed Potatoes and Gravy  
Green Peas  
Fruit Choices  
Milk Choices

**\*Fajita Chicken Pasta**  
*With Red or Alfredo Sauce*  
*Served with WG Garlic Breadstick*  
**\*Gilardi Cheese Filled Breadsticks**

9

*With Dipping Sauce and Ranch*  
Cali Vegetable Blend & Green Beans  
Fruit Choices  
Milk Choices

**Pizza Choices**

*Cheese, Taco*  
*Ham, or Hawaiian*  
*With Dipping Sauce and Ranch*

10

Sweet Glazed Carrots  
Steamed Broccoli  
Fruit Choices  
Milk Choices

**\*Beef Taco Bowl**  
**\*Yogurt Parfait**

11

Cilantro Lime Rice  
Soft WG Flour Tortilla  
White Cheese Queso,  
Corn & Pinto Beans  
Fruit & Milk Choices

**\*Salisbury Steak and Gravy**  
*With Whole Grain Roll*  
**\*Chef Salad – Ham or Turkey**  
*With Whole Grain Roll*

14

Mashed Potatoes and Gravy  
Green Peas  
Fruit Choices  
Milk Choices

**\*BBQ Beef Rib Sandwich**  
**\*Turkey And Cheese Sub**  
**\*Yogurt Parfait**

15

Green Beans  
Cole Slaw  
Lettuce and Tomato Trimmings  
Fruit Choices  
Milk Choices

**\*Crispy Chicken Sandwich**  
**\*Hot and Spicy Chicken Sandwich**  
**\*Yogurt Parfait**

16

Baked Beans  
Fresh Baby Carrots with Ranch  
Lettuce, Tomato, and Onion  
Milk Choices

**Pizza Choices**

*Cheese, Pepperoni,*  
*Ham, or Hawaiian*

17

Corn  
Steamed Broccoli  
Fruit Choices  
Milk Choices

**\*Hot Dog**  
**\*Grilled Cheese Sandwich**  
**\*Yogurt Parfait**

18

French Fries  
Vegetarian Chili  
Cookie  
Fruit Choices  
Milk Choices

NO SCHOOL

21

IN OBSERVANCE OF

Martin Luther King Jr. Day

**\*Breaded Mozzarella Cheese Stix**  
**\*Mandarin Orange Chicken**  
*With Lo Mein Noodles*

22

**\*Yogurt Parfait**  
**\*Deli Combo Sub**  
Steamed Broccoli & Corn  
Lettuce and Tomato Trimmings  
Fruit Choices  
Milk Choices

**\*Sausage and Egg Patty**  
**With Buttermilk Biscuit**  
**\*Yogurt Parfait**

23

Roasted Red Potatoes  
Fruitable Tropical Twist  
Cookie  
Fruit Choices  
Milk Choices

**\*Boneless Chicken Wings**  
*With WG Dinner Roll*  
**\*Grilled Cheese Sandwich**

24

Broccoli and Cheese  
Sweet Glazed Carrots  
Cookie  
Fruit Choices  
Milk Choices

**\*Spaghetti and Meatsauce**  
**\*Spaghetti with Alfredo Sauce**  
*Both with WG Garlic Breadstick*  
**\*Garlic French Bread Pizza**  
*With Dipping Sauce and Ranch*

25

**\*Yogurt Parfait**  
Green Beans  
Cali Vegetable Blend  
Fruit and Milk Choices

**\*Hamburger or Cheeseburger**  
**\*Grilled Cheese Sandwich**

28

French Fries  
Fruitable Tropical Twist  
Cookie  
Lettuce, Tomato, and Onion  
Fruit Choices  
Milk Choices

**\*Popcorn Chicken**  
*With WG Dinner Roll*  
**\*Deli Combo Sub**  
**\*Yogurt Parfait**

29

Mashed Potatoes and Gravy  
Green Peas  
Lettuce and Tomato Trimmings  
Fruit & Milk Choices

**Grab And Go Sack Lunch**

30

**\*Ham and Cheese Sub**  
Doritos  
Fresh Baby Carrots and Ranch  
Fruitable Tropical Twist  
Whole Apple  
1% Sweet Acidophilus Milk

**Pizza Choices**

*Cheese, Taco*  
*Ham, or Hawaiian*  
*With Dipping Sauce and Ranch*

Sweet Glazed Carrots  
Steamed Broccoli  
Fruit Choices  
Milk Choices

