

“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

Tuesday

Wednesday

Thursday

Friday

FOR NUTRIENT INFORMATION VISIT

SCHOOLCAFE.COM

FROM YOUR COMPUTER, TABLET, OR SMARTPHONE

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**
***Ham and Cheese Sandwich**
***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 **10**
Cheese, Taco
Ham, or Hawaiian
With Dipping Sauce and Ranch

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
Mashed Potatoes and Gravy
Green Peas
Fruit Choices
Milk Choices **14**

***BBQ Beef Rib Sandwich**
***Turkey And Cheese Sandwich**
***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 **17**
Cheese, Pepperoni,
Ham, or Hawaiian

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
***Yogurt Parfait**
***Ham and Cheese Sandwich** **22**

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**
***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
***Yogurt Parfait** **25**

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**
***Ham and Cheese Sandwich**
***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 Sandwich**
Goldfish Crackers
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

