

**“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)

**\*Cheeseburger**  
*On a Whole Grain Bun*

7

½ Cup French Fries  
½ Cup Fuitable Tropical Twist  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Whole Grain Breaded Popcorn Chicken**

8

½ Cup Mashed Potatoes and Gravy  
¼ Cup Green Peas  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Whole Grain Gilardi Cheese Filled Breadsticks**  
*With Ranch Dressing*

9

½ Cup Cali Vegetable Blend  
¼ Cup Green Beans  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Cheese Pizza**  
*With Whole Grain Crust and Ranch Dressing*

10

¼ Cup Sweet Glazed Carrots  
½ Cup Steamed Broccoli  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Beef Taco Filling**

11

¼ cup Cilantro Lime Brown Rice  
Soft WG Flour Tortilla  
¼ Cup Shredded Cheddar Cheese  
¼ Cup Pinto Beans  
¼ Cup Salsa  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Salisbury Steak and Gravy**  
*With Whole Grain Roll*

14

½ Cup Mashed Potatoes and Gravy  
¼ Cup Green Peas  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*BBQ Beef Rib Sandwich**  
*On a Whole Grain Bun*

15

½ Cup Green Beans  
¼ Cup Cole Slaw  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Crispy Chicken Sandwich**  
*On a Whole Grain Bun*

16

¼ Cup Baked Beans  
½ Cup Fresh Baby Carrots with Ranch  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Cheese Pizza**  
*With Whole Grain Crust and Ranch Dressing*

17

¼ Cup Corn  
½ Steamed Broccoli  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**Grilled Cheese Sandwich**  
*On Whole Grain Bread*

18

½ Cup French Fries  
¼ Cup Steamed Carrots  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**NO SCHOOL**

21

**IN OBSERVANCE OF**

**Martin Luther King Jr. Day**

**\*Mandarin Orange Chicken**  
*W/Whole Grain Lo Mein Noodles*

22

½ Cup Steamed Broccoli  
¼ Cup Corn  
½ Cup Fruit  
1% Sweet Acidophilus Milk

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

23

¼ Cup Roasted Red Potatoes  
½ Cup Fuitable Tropical Twist  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Whole Grain Breaded Popcorn Chicken**

24

½ Cup Steamed Broccoli  
¼ Cup Sweet Glazed Carrots  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Spaghetti and Meatsauce**  
*1 oz. Mozzarella Cheese Stick*

25

¼ Cup Green Beans  
¼ Cup Cali Vegetable Blend  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Cheeseburger**  
*On a Whole Grain Bun*

28

½ Cup French Fries  
½ Cup Fuitable Tropical Twist  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**\*Whole Grain Breaded Popcorn Chicken**

29

½ Cup Mashed Potatoes and Gravy  
¼ Cup Green Peas  
½ Cup Fruit  
1% Sweet Acidophilus Milk

**Grab And Go Sack Lunch**  
**Ham and Cheese Sandwich**

30

Whole Grain Goldfish Crackers  
½ cup Fresh Baby Carrots and Ranch  
½ cup Fuitable Tropical Twist  
Apple  
1% Sweet Acidophilus Milk

**\*Cheese Pizza**  
*With Whole Grain Crust and Ranch Dressing*

¼ Cup Sweet Glazed Carrots  
½ Cup Steamed Broccoli  
½ Cup Fruit  
1% Sweet Acidophilus Milk

