

January 2019 Robertson County Alternative School 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/

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)

* Cheeseburger

7

French Fries
Fruitable Tropical Twist
Fruit Choices
Milk Choices

*Popcorn Chicken

8

With WG Dinner Roll
Mashed Potatoes and Gravy
Green Peas
Fruit Choices
Milk Choices

*Gilardi Cheese Breadsticks

9

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

*Cheese Pizza

10

With Whole Grain Crust
Dipping Sauce and Ranch
Sweet Glazed Carrots
Steamed Broccoli
Fruit Choices
Milk Choices

*Beef Taco Bowl

11

Cilantro Lime Rice
Soft WG Flour Tortilla
Cheddar Cheese Cup
Corn & Pinto Beans
Fruit Choices
Milk Choices

*Salisbury Steak and Gravy

14

With Whole Grain Roll
Mashed Potatoes and Gravy
Green Peas
Fruit Choices
Milk Choices

*BBQ Beef Rib Sandwich

15

Green Beans
Cole Slaw
Fruit Choices
Milk Choices

*Crispy Chicken Sandwich

16

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

*Cheese Pizza

17

With Whole Grain Crust
Dipping Sauce and Ranch
Corn
Steamed Broccoli
Fruit Choices
Milk Choices

*Hot Dog

18

French Fries
Steamed Carrots
Fruit Choices
Milk Choices

NO SCHOOL

21

IN OBSERVANCE OF

Martin Luther King Jr. Day

*Mandarin Orange Chicken

22

W/Whole Grain Lo Mein Noodles
Steamed Broccoli
Corn
Fruit Choices
Milk Choices

*Sausage and Egg Patty
With Buttermilk Biscuit

23

Roasted Red Potatoes
Fruitable Tropical Twist
Fruit Choices
Milk Choices

*Boneless Chicken Wings
With Whole Grain Roll

24

Broccoli and Cheese
Sweet Glazed Carrots
Fruit Choices
Milk Choices

*Spaghetti and Meatsauce
with WG Garlic Breadstick

25

Green Beans
Cali Vegetable Blend
Fruit Choices
Milk Choices

* Cheeseburger

28

French Fries
Fruitable Tropical Twist
Lettuce and Tomato Trimmings
Fruit Choices
Milk Choices

*Popcorn Chicken

29

With WG Dinner roll
Mashed Potatoes and Gravy
Green Peas
Lettuce and Tomato Trimmings
Fruit Choices
Milk Choices

Grab And Go Sack Lunch

30

*Ham and Cheese Sub
Goldfish Crackers
Fresh Baby Carrots and Ranch
Fruitable Tropical Twist
Whole Apple
Milk Choices

*Cheese Pizza

With Whole Grain Crust
Dipping Sauce and Ranch

Sweet Glazed Carrots
Steamed Broccoli
Fruit Choices
Milk Choices

