

# “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



- \*Mini Chicken Tacos
- \*Beef and Cheese Nachos
- Corn
- Pinto Beans
- Salsa
- Fruit and Milk Choices

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### Tuesday



- \*Breaded Mozzarella Cheese Sticks
- \*Mandarin Orange Chicken
- With Lo Mein Noodles
- \*Yogurt Parfait
- \*Ham and Cheese Sandwich
- Steamed Broccoli & Corn
- Lettuce and Tomato Trimmings
- Fruit and Milk Choices

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### Wednesday

[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)

### Thursday

- \*Boneless Chicken Wings
- Whole Grain Roll
- \*Grilled Cheese Sandwich
- Broccoli and Cheese
- Sweet Glazed Carrots
- Cookie
- Fruit and Milk Choices

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### Friday

- \*Hot Dog
- \*Grilled Cheese Sandwich
- \*Yogurt Parfait
- French Fries
- Vegetarian Chili
- Cookie
- Fruit Choices & Milk Choices

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- \*Hamburger or Cheeseburger
- \*Grilled Cheese Sandwich
- French Fries
- Fruitable Tropical Twist
- Lettuce, Tomato, and Onion
- Cookie
- Fruit and Milk Choices

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- \*Popcorn Chicken
- Whole Grain Roll
- \*Deli Combo Sub)
- \*Yogurt Parfait
- Mashed Potatoes and Gravy
- Green Peas
- Lettuce and Tomato Trimmings
- Fruit and Milk Choices

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- \*Fajita Chicken Pasta
- With Red or Alfredo Sauce
- Served with WG Garlic Breadstick
- \*Gilardi Cheese Filled Breadsticks
- With Dipping Sauce and Ranch
- \*Yogurt Parfait
- Cali Vegetable Blend & Green Beans
- Fruit and Milk Choices

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- \*Pizza Choices
- Cheese, Taco, or Hawaiian
- With Dipping Sauce and Ranch
- \*Ham And Cheese Sandwich
- Sweet Glazed Carrots
- Steamed Broccoli
- Fruit and Milk Choices

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

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# No School In Session Spring Break

- \*Salisbury Steak and Gravy
- With Whole Grain Roll
- \*Ham and Cheese Sandwich
- \*Deli Combo Sub
- Mashed Potatoes and Gravy
- Green Peas
- Fruit and Milk Choices

25

- \*Crispy Chicken Sandwich
- \*Hot and Spicy Chicken Sandwich
- \*Grilled Cheese
- \*Yogurt Parfait
- Baked Beans
- French fries
- Cookie
- Fruit and Milk Choices

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### Grab And Go Sack Lunch

- \*Ham and Cheese Sandwich
- Nacho Cheese Doritos
- Fresh Baby Carrots and Ranch
- Fruitable Tropical Twist
- Fruit and Milk Choices

27

- \*Pizza Choices
- Cheese, Pepperoni, or Taco
- \*Turkey And Cheese Sandwich
- Corn
- Green Beans
- Fruit and Milk Choices

28

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

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