

“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

**Menus subject to change
Due to availability
of Food items**

No
School

4

Popcorn Chicken
With Whole Grain Breading
½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

5

Hamburger
On a Whole Grain Roll
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

6

Whole Grain
Gilardi Cheese Sticks
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

7

Egg Patty & Sausage
Biscuit
½ Cup Tater Gems
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

8

Popcorn Chicken
With Whole Grain Breading
½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

11

Whole Grain Mini Chicken Tacos
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

12

Grilled Cheese Sandwich
On Whole Grain Bread
½ Cup Sweet Glazed Carrots
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

13

Whole Grain Cheese Pizza
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

14

Ham and Cheese Sandwich
On Whole Grain Bread
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

15

No
School

18

Crispy Chicken Sandwich
On a Whole Grain Roll
½ Cup Baked Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

19

Taco Meat
Whole Grain Tortilla Chips
½ Cup Shredded Cheese
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

20

Steak Patty
On Whole Grain Dinner Roll
½ cup Brown Gravy Dipping Cup
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

21

Whole Grain
Wild Mike's Cheese Bites
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

22

Turkey and Cheese Sandwich
½ Cup Sweet Glazed Carrots
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

25

Popcorn Chicken
With Whole Grain Breading
½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

26

Hamburger
On a Whole Grain Roll
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

27

Whole Grain
Gilardi Cheese Sticks
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

28

Egg Patty & Sausage
Biscuit
½ Cup Tater Gems
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

29