

“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

Egg and Cheese Slider
On a Whole Grain Slider Roll
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

2

Tuesday

**NO
SCHOOL**

3

Wednesday

Country Steak Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

4

Thursday

Whole Grain Chocolate Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

5

Friday

Whole Grain French Toast Sticks
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

6

Whole Grain Chocolate Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

9

Whole Grain Soft Filled
Cocoa Puffs Bar
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

10

Chicken & Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

11

Whole Grain Blueberry Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

12

Whole Grain Apple Jammer Stick
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

13

Sausage & Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

16

Whole Grain Soft Filled
Cocoa Puffs Bar
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

17

Egg and Cheese
In a Whole Grain Tortilla
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

18

Whole Grain Chocolate Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

19

Whole Grain Maple, Egg,
and Sausage Tornado
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

20

23

24

No School

Thanksgiving Holiday

Whole Grain Mini Maple Pancakes
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

30

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)

Menus subject to change
Due to availability
of Food items