

“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

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 Blueberry 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 Cheerios  
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](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)

Menus subject to change  
Due to availability  
of Food items