



“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

Corn Dog
French Fries
Fruit
Milk **2**

Boneless Chicken Wings
Dinner Roll
Sweet Glazed Carrots
Broccoli and Cheese
Fruit
Milk **9**

Hot Dog on Whole Grain Bun
French Fries
Fruit
Milk **16**

Bean and Two Cheese Dip
Tostitos Tortilla Chips
Salsa Cup
Fruitable Tropical Twist
Fruit
Milk **23**

Boneless Chicken Wings
Dinner Roll
Sweet Glazed Carrots
Broccoli and Cheese
Fruit
Milk **30**

Tuesday

NO SCHOOL **3**

Turkey and Cheese Sandwich
Fresh Vegetable
Fruitable
Fruit
Milk **10**

Turkey and Cheese Sandwich
Fresh Vegetables
Fruit
Milk **17**

Turkey and Cheese Sandwich
Fresh Vegetables
Fruit
Milk **24**

Wednesday

Chicken Sandwich
Baked Beans
Broccoli and Cheese
Fruit
Milk **4**

Hamburger
French Fries
Pinto Beans
Fruit
Milk **11**

Fried Chicken Leg
Dinner Roll
Cookie
Mashed Potatoes & Gravy
Baked Beans
Fruit
Milk **18**

Thursday

Turkey & Cheese Sandwich
Chips
Fresh Vegetable
Fruitable
Fruit
Milk **5**

Ham and Cheese Sandwich
Fresh Vegetable
Fruitable
Fruit
Milk **12**

Ham and Cheese Sandwich
Fresh Vegetable
Fruitable
Fruit
Milk **19**

Friday

Sun Butter and Sunflower Seed
Meal Kit
Fresh Vegetable
Fruitable
Fruit
Milk **6**

AnyTimers Cheese Pizza
Lunch Kit
Fresh Vegetable
Fruitable
Fruit
Milk **13**

Sun Butter and Sunflower Seed
Meal Kit
Fresh Vegetable
Fruitable
Fruit
Milk **20**

No School

Thanksgiving Holiday

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