

“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

Grilled Cheese Sandwich
On Whole Grain Bread **2**
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Popcorn Chicken
With Whole Grain Breading **9**
½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Grilled Cheese Sandwich
On Whole Grain Bread **16**
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

23

Popcorn Chicken
With Whole Grain Breading **30**
½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Tuesday

**NO
SCHOOL** **3**

Mandarin Orange Chicken **10**
½ cup Whole Grain Lo Mein Noodles
½ Cup Pinto Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Mini Chicken Tacos **17**
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

24

Wednesday

Crispy Chicken Sandwich
On a Whole Grain Roll **4**
½ Cup Baked Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Hamburger
On a Whole Grain Roll **11**
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Fried Chicken Leg
With Whole Grain Breading **18**
½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Thursday

Turkey and Cheese Sandwich
On Whole Grain Bread **5**
½ Cup Sweet Glazed Carrots
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain
Gibaldi Cheese Sticks **12**
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Cheese Pizza **19**
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Friday

Whole Grain
Wild Mike's Cheese Bites **6**
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Egg Patty & Sausage
Biscuit **13**
½ Cup Tater Gems
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Holiday Lunch postponed **20**
Until Tuesday December 1st.
Manager's Choice
Breakfast For Lunch Items

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