

**“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

[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)

#### Tuesday

#### Wednesday

Menus subject to change  
Due to availability  
of Food items

#### Thursday

#### Friday

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

5

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

6

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

7

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

1

BBQ Beef Rib Patty  
*On Whole Grain Bun*  
½ Cup Baked Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

2

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

8

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

9

# NO SCHOOL FALL BREAK

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

19

Macaroni and Cheese  
With Whole Grain Macaroni  
½ Cup Fruitable Tropical Twist  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

20

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

21

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

22

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

23

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

26

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

27

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

28

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

29

BBQ Beef Rib Patty  
*On Whole Grain Bun*  
½ Cup Baked Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

30