

“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

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

Egg and Cheese Slider
Fruit
Milk Choice

5

Mini Cini
Fruit
Milk Choice

6

Country Steak Biscuit
Fruit
Milk Choice

7

Muffin
Poptart
Fruit
Milk Choice

8

French Toast Sticks
Fruit
Milk Choice

9

Muffin
Poptart
Fruit
Milk Choice

1

Spicy Turkey Sausage Egg
and Cheese Tornado
Fruit
Milk Choice

2

NO SCHOOL FALL BREAK

Maple Tukey Pancake Wrap
Fruit
Milk Choice

19

Mini Doughnuts
Fruit
Milk Choice

20

Chicken & Biscuit
Fruit
Milk Choice

21

Muffin
Poptart
Fruit
Milk Choice

22

Apple Jammer Stick
Fruit
Milk Choice

23

Sausage & Biscuit
Fruit
Milk Choice

26

Soft Filled Cocoa Puffs Bar
Fruit
Milk Choice

27

Bacon Egg and Cheese Burrito
Egg and Cheese Burrito
Fruit
Milk Choice

28

Muffin
Poptart
Fruit
Milk Choice

29

Spicy Turkey Sausage Egg
and Cheese Tornado
Fruit
Milk Choice

30