

“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

5
Egg and Cheese Slider
On a Whole Grain Slider Roll
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

6
Whole Grain Mini Cinni
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

7
Country Steak Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

8
Whole Grain Blueberry Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

9
Whole Grain French Toast Sticks
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

NO SCHOOL FALL BREAK

19
Whole Grain Blueberry Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

20
Whole Grain Cheerios
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

21
Chicken & Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

22
Whole Grain Blueberry Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

23
Whole Grain Apple Jammer Stick
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

26
Sausage & Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

27
Whole Grain Soft Filled
Cocoa Puffs Bar
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

28
Egg and Cheese
In a Whole Grain Tortilla
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

29
Whole Grain Blueberry Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

30
Maple, Egg, and Sausage Tornado
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk