

**“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

Corn Dog  
French Fries  
Fruit  
Milk Choice

5

Taco Meat and Cheese  
Tortilla Chips  
Corn  
Salsa Dipping Cup  
Fruit  
Milk Choice

6

Chicken Sandwich  
Baked Beans  
Broccoli and Cheese  
Fruit  
Milk Choice

7

Turkey & Cheese Sandwich  
Chips  
Fresh Celery and Ranch  
Sweet Glazed Carrots  
Fruit  
Milk Choice

8

Wild Mike’s Cheese Bites  
Cookie  
Marinara Dipping Cup  
Green Beans  
Fruit  
Milk Choice

9

Cheese Pizza  
Green Beans  
Steamed Broccoli  
Fruit  
Milk Choice

1

Beef Rib Patty Sandwich  
Grilled Cheese Sandwich  
Baked Beans  
Fresh Celery with Ranch  
Fruit  
Milk Choice

2

# NO SCHOOL FALL BREAK

Boneless Chicken Wings  
Sweet Glazed Carrots  
Broccoli and Cheese  
Fruit  
Milk Choice

19

Macaroni and Cheese  
Garlic Breadstick  
Pinto Beans  
Fruitable Tropical Twist  
Fruit  
Milk Choice

20

Hamburger or Cheeseburger  
French Fries  
Fruit  
Milk Choice

21

Gilardi Cheese Sticks  
Marinara Dipping Cup  
Green Beans  
Cookie  
Fruit  
Milk Choice

22

Egg Patty & Sausage  
Biscuit  
Fruitable Tropical Twist  
Tater Gems  
Fruit  
Milk Choice

23

Hot Dog on Whole Grain Bun  
Vegetable Chili  
French Fries  
Fruit  
Milk Choice

26

Mini Chicken Tacos  
Corn  
Salsa Dipping Cup  
Fruit  
Milk Choice

27

Fried Chicken Leg  
Cookie  
Mashed Potatoes & Gravy  
Green Peas  
Fruit  
Milk Choice

28

Cheese Pizza  
Green Beans  
Steamed Broccoli  
Fruit  
Milk Choice

29

Beef Rib Patty Sandwich  
Grilled Cheese Sandwich  
Baked Beans  
Fresh Baby Carrots with Ranch  
Fruit  
Milk Choice

30