

**“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

#### Thursday

#### Friday

Menus subject to change  
Due to availability  
of Food items

Ham and Cheese Sandwich  
Fresh Vegetables  
Fruit  
Milk

1

Sun Butter and Sunflower Seed  
Meal Kit w/ Apple juice  
Fresh Vegetable  
Fruitable  
Milk

2

Corn Dog  
French Fries  
Fruit  
Milk

5

Ham and Cheese Sandwich  
Fresh Vegetables  
Fruit  
Milk

6

Chicken Sandwich  
Baked Beans  
Broccoli and Cheese  
Fruit  
Milk

7

Turkey & Cheese Sandwich  
Chips  
Fresh Vegetable  
Fruitable  
Fruit  
Milk

8

AnyTimers Cheese Pizza  
Lunch Kit  
Fresh Vegetable  
Fruitable  
Fruit  
Milk

9

# NO SCHOOL FALL BREAK

Boneless Chicken Wings  
Sweet Glazed Carrots  
Broccoli and Cheese  
Fruit  
Milk

19

Turkey and Cheese Sandwich  
Fruitable  
Fruit  
Milk

20

Hamburger  
French Fries  
Pinto Beans  
Milk

21

Ham and Cheese Sandwich  
Fruitable  
Fruit  
Milk

22

Sun Butter and Sunflower Seed  
Meal Kit w/ Apple juice  
Fruitable  
Milk

23

Hot Dog on Whole Grain Bun  
French Fries  
Fruit  
Milk

26

Turkey and Cheese Sandwich  
Fresh Vegetables  
Fruit  
Milk

27

Fried Chicken Leg  
Cookie  
Mashed Potatoes & Gravy  
Baked Beans  
Fruit  
Milk

28

Ham and Cheese Sandwich  
Fresh Vegetable  
Fruitable  
Fruit  
Milk

29

AnyTimers Cheese Pizza  
Meal Kit  
Fresh Vegetable  
Fruitable  
Fruit  
Milk

30