

“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

Tuesday

Wednesday

Thursday

Friday

Menus subject to change
Due to availability
of Food items

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

Hamburger **2**
On a Whole Grain Roll
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain **3**
Gilardi Cheese Sticks
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Egg Patty & Sausage **4**
Biscuit
½ Cup Tater Gems
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

No School **7**
Labor Day

Whole Grain Mini Chicken Tacos **8**
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Fried Chicken Leg **9**
With Whole Grain Breading
½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Cheese Pizza **10**
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Grilled Cheese Sandwich **11**
On Whole Grain Bread
½ Cup Baked Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Pulled Pork Sandwich **14**
On a Whole Grain Roll
French Fries
Fruit
Milk Choice

Taco Meat **15**
Whole Grain Tortilla Chips
¼ Cup Shredded Cheese
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Crispy Chicken Sandwich **16**
On a Whole Grain Roll
½ Cup Baked Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Turkey and Cheese Sandwich **17**
On Whole Grain Bread
½ Cup Sweet Glazed Carrots
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain **18**
Wild Mike's Cheese Bites
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

No School **21**

Popcorn Chicken **22**
With Whole Grain Breading
½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Hamburger **23**
On a Whole Grain Roll
½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain **24**
Gilardi Cheese Sticks
½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Egg Patty & Sausage **25**
Biscuit
½ Cup Tater Gems
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Grilled Cheese Sandwich **28**
On Whole Grain Bread
French Fries
Fruit
Milk Choice

Whole grain Mini Chicken Tacos **29**
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Fried Chicken Leg **30**
With Whole Grain Breading
½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

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)