



“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: http://www.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

- *Pizza Choices
- *Sandwich
- Green Beans
- Marinara Cup
- Fruit
- Milk Choice

2

- *Taco Meat w/Nacho Chips
- * Anytimers Meal Kit
- Corn
- Fresh Baby Carrots w/ Ranch
- Shredded Lettuce, Diced Onion, & Salsa
- Cheddar Cheese Cup
- Fruit
- Milk Choice

5

- * Chicken and Waffles
- * Grilled Cheese Sandwich
- Mashed Potatoes and Gravy
- Green Peas
- Fruit
- Milk Choice

6

- *Spaghetti and Meatsauce w/ Mozzarella Breadstick
- *Yogurt Parfait
- Sweet Glazed Carrots
- Turnip Greens
- Fruit
- Milk Choice

7

- * BBQ Pulled Pork Sandwich
- * Breaded Fish Sandwich
- *Anytimer Meal Kit
- White Beans
- Broccoli and Cheese
- Fruit
- Milk Choice

8

- *Pizza Choices
- *Sandwich
- Green Beans
- Marinara Cup
- Fruit
- Milk Choice

9

- * Chicken Sandwich
- * Sandwich Wraps
- Lettuce and Tomato
- French Fries
- Fruit
- Milk Choice

12

- *Mandarin Orange Chicken With Noodles
- * Grilled Cheese Sandwich
- Sweet Glazed Carrots
- Steamed Broccoli
- Fruit
- Milk Choice

13

- *Taco Meat w/ WG tortilla
- *Yogurt Parfait
- Refried Beans
- Shredded Lettuce, Diced Onion, & Salsa
- White Cheese Queso
- Fruit
- Milk Choice

14

- * Bosco Sticks
- * Sandwich
- Green Beans
- Marinara Cup
- Fruit
- Milk Choice

15

- *Pizza Choices
- *Sandwich
- Corn
- Marinara Cup
- Fruit
- Milk Choice

16

- *Eggs and Sausage Patty with Biscuit
- *Anytimer Meal Kit
- Oven Roasted Potatoes
- Dragon Punch
- Fruit
- Milk Choice

19

- * Breaded Chicken Entree
- * Grilled Cheese
- Pinto Beans
- Broccoli and Cheese
- Fruit
- Milk Choice

20

- * Hamburger or Cheeseburger
- * Yogurt Parfait
- French Fries
- Fruit
- Milk Choice

21

½ Day

No Lunch Served

22

23

26

27

28

Menus subject to change
due to unforeseen circumstances

For the most updated weekly menus by school please visit our Facebook page: RCS School Nutrition Program