



“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



WG Southwest Cheesy Pull Apart **1**

- ½ Cup Green Beans
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Breaded Chicken Patty On a Whole Grain Roll **2**

- ½ Cup Oven Browned Potatoes
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Breaded Chicken **5**

- ½ Cup Mashed Potatoes and Gravy
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Spaghetti and Meatsauce w/ WG Mozzarella Cheesy Breadstick **6**

- ½ Cup Sweet Glazed Carrots
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

BBQ Pulled Pork Sandwich On Whole Grain Bun **7**

- ½ Cup Broccoli and Cheese
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

WG Southwest Cheesy Pull Apart **8**

- ½ Cup Green Beans
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Breaded Chicken Patty On a Whole Grain Roll **9**

- ½ Cup French Fries
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Mandarin Orange Chicken and Rice Bowl **12**

- ½ Cup Sweet Glazed Carrots
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Hamburger On a Whole Grain Roll **13**

- ½ Cup French Fries
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Turkey Sandwich On Whole Grain Bread **14**

- ½ Cup Green Beans
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

WG Southwest Cheesy Pull Apart **15**

- ½ Cup Corn
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Eggs Sausage Patty Biscuit **16**

- ½ Cup Oven Browned Potatoes
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Popcorn Chicken With Whole Grain Breading **19**

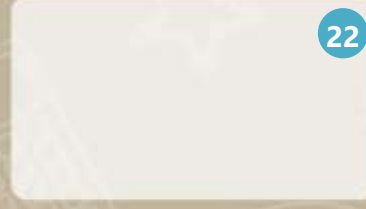
- ½ Cup Pinto Beans
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

Hamburger On a Whole Grain Roll **20**

- ½ Cup French Fries
- ½ Cup Fruit
- 1 Cup 1% Sweet Acidophilus Milk

½ Day **21**

No Lunch Served



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