



“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



Whole Grain Breaded Chicken

5

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

TUESDAY



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

WEDNESDAY



BBQ Pulled Pork Sandwich On Whole Grain Bun

7

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

THURSDAY

Whole Grain Cheese Pizza

1

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

Totally Taco Meat W/ Whole Grain Nacho Chips

2

½ Cup Shredded Cheese
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Cheese Pizza

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

FRIDAY

Mandarin Orange Chicken

12

½ Cup WG Lo Mein Noodles
½ Cup Sweet Glazed Carrots
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Totally Taco Meat Whole Grain Tortilla

13

½ Cup Shredded Cheese
½ Cup Refried Beans
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

Whole Grain Cheese Pizza

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

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