

**“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/](http://www.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/)

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

NO SCHOOL

Sausage Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

1

Mini Cini  
-or-  
Cereal

Fruit  
Milk Choice

2

Muffin & Cheese Stick  
-or-  
Cereal

Fruit  
Milk Choice

3

Country Steak Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

4

NO SCHOOL

NO SCHOOL

Pancake on a Stick  
-or-  
Cereal

Fruit  
Milk Choice

9

Muffin & Cheese Stick  
-or-  
Cereal

Fruit  
Milk Choice

10

Country Steak Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

11

Mini Maple Pancakes  
-or-  
Cereal

Fruit  
Milk Choice

14

Sausage Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

15

Cinnamon Roll  
-or-  
Cereal

Fruit  
Milk Choice

16

Muffin & Cheese Stick  
-or-  
Cereal

Fruit  
Milk Choice

17

Country Steak Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

18

French Toast Sticks  
-or-  
Cereal

Fruit  
Milk Choice

21

Sausage Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

22

No School Thanksgiving Holiday

Waffle  
-or-  
Cereal

Fruit  
Milk Choice

28

Sausage Biscuit  
-or-  
Cereal

Fruit  
Milk Choice

29

Pancake on a Stick  
-or-  
Cereal

Fruit  
Milk Choice

30

**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