

“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

NO SCHOOL

Sausage Biscuit
-or-
Cereal **1**

Fruit
Milk Choice

Mini Cini
-or-
Cereal **2**

Fruit
Milk Choice

Muffin & Cheese Stick
-or-
Cereal **3**

Fruit
Milk Choice

Country Steak Biscuit
-or-
Cereal **4**

Fruit
Milk Choice

NO SCHOOL **7**

NO SCHOOL **8**

Pancake on a Stick
-or-
Cereal & Cheese Stick **9**

Fruit
Milk Choice

Muffin & Cheese Stick
-or-
Cereal & Cheese Stick **10**

Fruit
Milk Choice

Country Steak Biscuit
-or-
Cereal & Cheese Stick **11**

Fruit
Milk Choice

Mini Maple Pancakes
-or-
Cereal & Cheese Stick **14**

Fruit
Milk Choice

Sausage Biscuit
-or-
Cereal & Cheese Stick **15**

Fruit
Milk Choice

Cinnamon Roll
-or-
Cereal & Cheese Stick **16**

Fruit
Milk Choice

Muffin & Cheese Stick
-or-
Cereal & Cheese Stick **17**

Fruit
Milk Choice

Country Steak Biscuit
-or-
Cereal & Cheese Stick **18**

Fruit
Milk Choice

French Toast Sticks
-or-
Cereal & Cheese Stick **21**

Fruit
Milk Choice

Sausage Biscuit
-or-
Cereal & Cheese Stick **22**

Fruit
Milk Choice

No School Thanksgiving Holiday

Waffle
-or-
Cereal & Cheese Stick **28**

Fruit
Milk Choice

Sausage Biscuit
-or-
Cereal & Cheese Stick **29**

Fruit
Milk Choice

Pancake on a Stick
-or-
Cereal & Cheese Stick **30**

Fruit
Milk Choice

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