

“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

***Spaghetti and Meatsauce**
w/ *Mozzarella Breadstick*
***Yogurt Parfait**
Green Beans
Salad Shaker w/ Ranch
Fruit
Milk Choice

1

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

2

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

3

***Eggs and Sausage Patty**
with *Biscuit*
***Anytimer Meal Kit**
Oven Roasted Potatoes
Tropical Fruit Slushie
Fruit
Milk Choice

4

**NO
SCHOOL**

7

**NO
SCHOOL**

8

*** BBQ Pulled Pork Sandwich**
*** Breaded Fish Sandwich**
White Beans
Turnip Greens
Fruit
Milk Choice

9

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

10

*** Hamburger or Cheeseburger**
*** Anytimer Meal Kit**
French Fries
Lettuce and Tomato
Fruit
Milk Choice

11

*** Chicken and Waffles**
*** Grilled Cheese Sandwich**
Mashed Potatoes and Gravy
Steamed Broccoli
Fruit
Milk Choice

14

***Ravioli in Red Sauce**
w/ *Mozzarella Breadstick*
***Yogurt Parfait**
Sweet Glazed Carrots
Turnip Greens
Fruit
Milk Choice

15

*** Grilled Chicken or Spicy Chicken Sandwich**
*** Meat and Cheese Anytimer Kit**
Lettuce and Tomato
French Fries
Baked Beans
Fruit
Milk Choice

16

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

17

Turkey and Gravy
Cornbread Dressing
Dinner Roll
Sweet Potatoes/Mashed Potatoes
Green beans
Dessert
Fruit
Milk Choice

18

***Meatball Sub**
*** Grilled Cheese Sandwich**
Sweet Glazed Carrots
Steamed Broccoli
Fruit
Milk Choice

21

***Spaghetti and Meatsauce**
w/ *Mozzarella Breadstick*
***Yogurt Parfait**
Green Beans
Corn
Fruit
Milk Choice

22

No School Thanksgiving Holiday

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

28

*** Hamburger or Cheeseburger***
Yogurt Parfait
French Fries
Dragon Punch
Fruit
Milk Choice

29

*** Hot Dog**
*** Grilled Cheese**
Tator Tots
Steamed Carrots
Vegetarian Chili
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