

# NOVEMBER 2022

## Preschool Lunch Menu

### LUNCH

“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

**Whole Grain Spaghetti and Meatsauce w/ WG Mozzarella Cheesy Breadstick** 1

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

**Popcorn Chicken With Whole Grain Breading** 2

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

**Whole Grain Cheese Pizza** 3

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

**Eggs Sausage Patty Biscuit** 4

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

**NO SCHOOL** 7

**NO SCHOOL** 8

**BBQ Pulled Pork Sandwich On Whole Grain Bun** 9

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

**Whole Grain Cheese Pizza** 10

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

**Hamburger On a Whole Grain Roll** 11

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

**Whole Grain Breaded Chicken** 14

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

**Whole Grain Cheese Ravioli in Red Sauce** 15

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

**Grilled Chicken Sandwich On a Whole Grain Roll** 16

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

**Whole Grain Cheese Pizza** 17

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

**Turkey and Gravy** 18

1/3 cup Cornbread Dressing  
¼ cup Mashed Potatoes  
¼ cup Green beans  
½ Cup Fruit  
¼ cup Cranberry Sauce  
1 Cup 1% Sweet Acidophilus Milk

**Grilled Cheese On Whole Grain Bread** 21

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

**Whole Grain Spaghetti and Meatsauce WG Mozzarella Cheesy Breadstick** 22

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

**No School Thanksgiving Holiday**

**Popcorn Chicken With Whole Grain Breading** 28

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

**Hamburger On a Whole Grain Roll** 29

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

**\* Grilled Cheese Sandwich** 30

½ Cup Tator Tots  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

**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