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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

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

1

**\* Breaded Chicken Entree**  
w/dinner roll  
**\* 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 w Cheese Cup  
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

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

17

**\* Pizza Choices**  
**\* Sandwich**  
Corn  
Marinara Cup  
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**  
w/dinner roll  
**\* Grilled Cheese**  
Pinto Beans  
Broccoli and Cheese  
Fruit  
Milk Choice

28

**\* Hamburger or Cheeseburger**  
**\* Yogurt Parfait**  
French Fries w Cheese Cup  
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