

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Labor Day

5

***Tortellini in Red Sauce**
w/ Mozzarella Breadstick
***Yogurt Parfait**
Sweet Glazed Carrots
Salad Shaker w/ Ranch
Fruit
Milk Choice

6

*** Chicken and Waffles**
*** Anytimers Meal Kit**
Pinto Beans
Turnip Greens
Fruit
Milk Choice

7

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

8

*** Taco Meat w/Nacho Chips**
***Grilled Cheese**
Corn
Pinto Beans
Trimmings, Salsa, & Cheddar Cheese Cup
Fruit
Milk Choice

9

*** Breaded Chicken Entree**
w/dinner roll
*** Sandwich**
Green Beans
Steamed Carrots
Fruit
Milk Choice

12

***Taco Meat w/ WG tortilla**
***Yogurt Parfait**
Refried Beans
Salsa
Trimmings
White Cheese Queso
Fruit
Milk Choice

13

***Hot Turkey and Cheese Sandwich**
With Chips
***Anytimers Meal Kit**
Fresh Baby Carrots w/ Ranch
Turnip Greens
Fruit
Milk Choice

14

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

15

***Eggs and Sausage Patty**
with Biscuit
***Grilled Cheese Sandwich**
Oven Roasted Potatoes
Tropical Fruit Slushie
Fruit
Milk Choice

16

FAIR WEEK!
Lets Go To
The Fair !!!!

*** Hamburger or Cheeseburger**
*** Yogurt Parfait**
Lettuce and Tomato
French Fries w Cheese Cup
Fruit
Milk Choice

20

*** Beef Rib Patty Sandwich**
*** Breaded Fish Sandwich**
Lettuce and Tomato
White Beans
Turnip Greens
Fruit
Milk Choice

21

*** Corn Dog**
*** Sandwich**
Vegetarian Chili
Tator Tots
Green Beans
Fruit
Milk Choice

22

***Taco Meat w/Nacho Chips**
*** Anytimers Meal Kit**
Corn
Fresh Baby Carrots w/ Ranch
Trimmings, Salsa, & Cheddar Cheese Cup
Fruit
Milk Choice

23

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

26

***Tortellini in Red Sauce**
w/ Mozzarella Breadstick
***Yogurt Parfait**
Sweet Glazed Carrots
Salad Shaker w/ Ranch
Fruit
Milk Choice

27

*** Bosco Sticks**
*** Sandwich**
Green Beans
Marinara Cup
Fruit
Milk Choice

28

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

29

*** Chicken Sandwich**
*** Sandwich Wraps**
Lettuce and Tomato
French Fries
Baked Beans
Fruit
Milk Choice

30