

**“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/](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

\* Pizza Choices  
\* Sandwich  
Broccoli and Cheese  
Marinara Cup  
Fruit  
Milk Choice

1

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

2

**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

\* Chicken Sandwich  
\* Grilled Cheese Sandwich  
Lettuce and Tomato  
French Fries  
Fresh Baby Carrots & Ranch  
Fruit  
Milk Choice

9

\* Breaded Chicken Entree  
\* Sandwich  
Green Beans  
Steamed Carrots  
Fruit  
Milk Choice

12

\*Taco Meat w/ WG tortilla  
\*Yogurt Parfait  
Refried Beans  
Salsa  
Trimnings  
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  
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  
Trimnings, 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