

“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

Whole Grain 4 Cheese Tortellini in Red Sauce w/ WG Mozzarella Cheesy Breadstick

6

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

Whole Grain Breaded Chicken

7

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

Whole Grain Cheese Pizza

8

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

Whole Grain Breaded Chicken Patty On a Whole Grain Roll

9

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

Popcorn Chicken With Whole Grain Breading

12

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

Totally Taco Meat Whole Grain Tortilla

13

¼ Cup Shredded Cheese
½ Cup Refried Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Turkey Sandwich On Whole Grain Bread

14

½ Cup Fresh Baby Carrots w/ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Cheese Pizza

15

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

Eggs Sausage Patty Biscuit

16

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

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

Hamburger On a Whole Grain Roll

20

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

BBQ Beef Rib Patty Sandwich On Whole Grain Bread

21

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

Turkey Sandwich On Whole Grain Bread

22

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

Totally Taco Meat Whole Grain Nacho Chips

23

¼ Cup Shredded Cheese
½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Breaded Chicken

26

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

Whole Grain 4 Cheese Tortellini in Red Sauce w/ WG Mozzarella Cheesy Breadstick

27

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

Turkey Sandwich On Whole Grain Bread

28

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

Whole Grain Cheese Pizza

29

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

Whole Grain Breaded Chicken Patty On a Whole Grain Roll

30

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