



“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

Menus are subject to change due to unforeseen circumstances.

For the most updated weekly menus by school, please visit our [Facebook page: RCS School Nutrition Program](#)

MONDAY

Taco Meat w/ WG tortilla
***Yogurt Parfait** 2
 Refried Beans
 Salsa
 White Queso
 Fruit
 Milk Choice

***Chicken Entrée w/roll**
*** Grilled Cheese Sandwich** 9
 Baked Beans
 Steamed Carrots
 Fruit
 Milk Choice

*** Chicken Entree**
*** Grilled Cheese Sandwich** 16
 Macaroni and Cheese
 Peas and Carrots
 Fruit
 Milk Choice

Chicken and Waffles
*** Grilled Cheese Sandwich** 23
 Mashed Potatoes and Gravy
 Green Peas
 Fruit
 Milk Choice

TUESDAY

NO SCHOOL 3

***Four Cheese Tortellini**
in red sauce w/cheesy breadstick 10
***Yogurt Parfait**
 Green Beans
 Turnip Greens
 Fruit
 Milk

*** Hamburger or Cheeseburger**
*** Yogurt Parfait** 17
 Lettuce and Tomato
 French Fries
 Fruit
 Milk Choice

*** Taco Meat w/ WG tortilla**
***Yogurt Parfait** 24
 Refried Beans
 Salsa
 White Cheese Queso
 Fruit
 Milk Choice

WEDNESDAY

***Grilled Ham and Cheese Sandwich With Chips** 4
***AnyTimers Meat & Crackers kit**
 Sweet Glazed Carrots
 Turnip Greens
 Fruit
 Milk Choice

***Eggs and Sausage Patty**
With biscuit 11
***Sandwich**
 Oven Roasted Potatoes
 Dragon Punch
 Fruit
 Milk

*** Corn Dog**
*** Sandwich** 18
 Vegetarian Chili
 Green Beans
 Dragon Punch
 Fruit
 Milk Choice

THURSDAY

*** Cheese Pizza**
*** Pepperoni Pizza** 5
*** Sandwich**
 Corn
 Marinara
 Fruit
 Milk

*** Cheese Pizza**
*** Pepperoni Pizza** 12
***Sandwich**
 Corn
 Marinara Cup
 Fruit
 Milk

*** Pizza Choices**
*** Sandwich** 19
 Broccoli and Cheese
 Marinara Cup
 Fruit
 Milk Choice

FRIDAY

*** Chicken Sandwich**
*** Sandwich Wraps** 6
 French Fries
 Fresh Baby Carrots w/ranch
 Fruit
 Milk

*** Manager Choice Entree**
*** Anytimers Meat & Crackers Kit** 13
 Fresh Carrots w/ranch
 Steamed Broccoli
 Fruit
 Milk Choice

*** Taco Meat w/Nacho Chips**
*** Anytimers Meat & Crackers Kit** 20
 Corn
 Pinto Beans
 Trimmings, Salsa, & Cheddar Cheese Cup
 Fruit
 Milk Choice

