

RCCS Menu

October

Welcome Back




















MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1	2	3	4	5	6
Featured Salad Chef 	Salisbury Steak/ Potatoes Corn Dog  1% White Milk Fat Free Chocolate Milk	Lasagna Taco Tuesday  1% White Milk Fat Free Chocolate Milk	Drumstick w/ Mashed Potatoes/ Roll Cheeseburger 1% White Milk Fat Free Chocolate Milk	Chicken Sandwich Pizza  1% White Milk Fat Free Chocolate Milk	BOO! 
Week 2 Featured Salad Crispy Chicken 	Malibu Chicken Sandwich Corn Dog  1% White Milk Fat Free Chocolate Milk	Chicken Noodle Soup/ Roll Taco Tuesday 1% White Milk Fat Free Chocolate Milk	Chicken Strips/ Roll Cheeseburger  1% White Milk Fat Free Chocolate Milk	Ham & Cheese Wrap Pizza  1% White Milk Fat Free Chocolate Milk	13 
Week 3 Featured Salad Cobb 	16 Roasted Turkey w/ Potatoes Corn Dog 1% White Milk Fat Free Chocolate Milk	17 Minestrone Soup/ Roll Taco Tuesday  1% White Milk Fat Free Chocolate Milk	18 HomeStyle Mac & Cheese Cheeseburger  1% White Milk Fat Free Chocolate Milk	19 Popcorn Chicken Bowl Pizza  1% White Milk Fat Free Chocolate Milk	20 
Week 4 Featured Salad Northwest 	23 Chicken Fajita Corn Dog  1% White Milk Fat Free Chocolate Milk	24 Meatloaf w/ Mashed Potatoes Taco Tuesday 1% White Milk Fat Free Chocolate Milk	25 Sweet & Sour Chicken /Rice Cheeseburger 1% White Milk Fat Free Chocolate Milk	26 Chicken Nuggets Pizza  1% White Milk Fat Free Chocolate Milk	27 HAPPY HALLOWEEN 
Week 5 Featured Salad Crispy Chicken 	30 BBQ Griller Corn Dog  1% White Milk Fat Free Chocolate Milk	31 Grilled Cheese Taco Tuesday  1% White Milk Fat Free Chocolate Milk			

Served Daily
SALADS
 Deli Sandwich
VEGETARAIN
CHOICE
 Ask for it!

Daily Salad Bar
VEGGIES:
 Dark Green
 Orange / Red
 Variety of Other Veggies
FRESH FRUIT
 Canned Fruit
LEGUMES
WHOLE GRAINS

This school is part
 of the Fresh Fruit
 And Veggie
 Program!

"This Institution is an equal opportunity provider"