

RCCS Menu

SEPTEMBER 2016

Welcome Back

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



29
Turkey Wrap
Corn Dog

1% White Milk
Fat Free Chocolate Milk



30
Spicy Chicken Sandwich
Taco Tuesday

1% White Milk
Fat Free Chocolate Milk



31
Roast Turkey
w/ Mashed Potatoes/ Roll
Cheeseburger

1% White Milk
Fat Free Chocolate Milk

1
Hot Pastrami Sub
Pizza

1% White Milk
Fat Free Chocolate Milk



Week 1
Featured Salad
Santa Fe



5
NO SCHOOL
LABOR DAY

1% White Milk
Fat Free Chocolate Milk



6
Han & Cheese Stack
Taco Tuesday

1% White Milk
Fat Free Chocolate Milk



7
Chicken Strips/ Roll
Cheeseburger

1% White Milk
Fat Free Chocolate Milk



8
Minestrone Soup/ Roll
Pizza

1% White Milk
Fat Free Chocolate Milk



9
Teriyaki Meatballs/ Rice
Chicken Sandwich

1% White Milk
Fat Free Chocolate Milk



Week 2
Featured Salad
Northwest



12
Chicken Fajita
Corn Dog

1% White Milk
Fat Free Chocolate Milk



13
Meatloaf w/ Potatoes
Taco Tuesday

1% White Milk
Fat Free Chocolate Milk



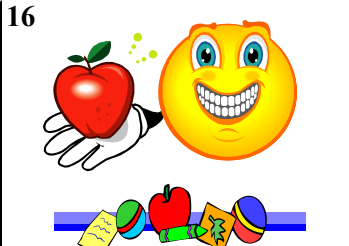
14
Homestyle Mac & Cheese
w/ WW Roll
Cheeseburger

1% White Milk
Fat Free Chocolate Milk



15
Chicken Nuggets/ Roll
Pizza

1% White Milk
Fat Free Chocolate Milk



Week 3
Featured Salad
Crispy Chicken



19
Grilled Cheese
Corn Dog

1% White Milk
Fat Free Chocolate Milk



20
BBQ Rib Griller
Taco Tuesday

1% White Milk
Fat Free Chocolate Milk



21
Asian Rice Bowl w/Roll
Cheeseburger

1% White Milk
Fat Free Chocolate Milk



22
Meaty Spaghetti / WW Roll
Pizza

1% White Milk
Fat Free Chocolate Milk



Week 4
Featured Salad
Asian



26
Corn Dog
Crispito

1% White Milk
Fat Free Chocolate Milk



27
Cold Cut Combo Sandwich
Burrito

1% White Milk
Fat Free Chocolate Milk



28
Popcorn Chicken Bowl/Roll
Cheeseburger

1% White Milk
Fat Free Chocolate Milk



29
Chicken Alfredo
Pizza

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

New Information
Carb count
in Parenthesis

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