

RCD Grades 6-8

Meal Prices
Breakfast: Paid \$1.75 Reduced \$0.25
Lunch: Paid \$3.25 Reduced \$0.25
Hudson Valley Fresh Milk \$0.60

	Monday	Tuesday	Wednesday	Thursday	Friday	<i>DID YOU KNOW?</i> MySchool-Bucks.com makes meal payment convenient and simple! You can manage your students account and make payments online.
Breakfast Specials Available Daily	Breakfast					
	Low Fat Yogurt Cereal/Muffin Fresh Fruit Fruit Juice, Milk	Ham and Cheese Melt Cereal Fresh Fruit Fruit Juice, Milk	English Muffin Hard Cooked Egg Fresh Fruit Fruit Juice, Milk	Bagel Cream Cheese Fresh Fruit Fruit Juice, Milk	Egg Patty on English Muffin Fresh Fruit Fruit Juice, Milk	
<p>Alternate Entrée Sandwich Offered Daily: M-Turkey/Cheese Roll Up w/Graham Snacks T-Tuna Salad Sandwich W-Ham & Cheese Sandwich Th- Turkey, Ham and Cheese Combo Sandwich F- Turkey Wrap</p> <p>Specialty Salad Entrée Offered Daily: M- Apple Cranberry T- Romaine Tuna Wrap W- Chicken/Cheddar Pita Th- Chef Salad F- Chick Pea/Edamame Protein Bomb All Salads include Dinner Roll</p> <p>Five Components Offered Daily: Proteins, Whole Grains, Fruits, Vegetables Milk</p>	Lunch					<p>Questions? Please call: Larry Anthony, FSD 758.2241 ext. 38100</p> <p>WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . Employment Opportunities Available.</p>
	Every Day Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich				1 Early Dismissal Breakfast Only	
	4 Early Dismissal Breakfast Only	5 Twin Taco 2'sday Cheddar Cheese Lettuce/Tomato Refried Beans Garden Salad Fresh Apples, Milk	6 Spaghetti w/Meatballs Garlic Bread Garlic/Herb Zucchini Garden Salad Cling Peaches Milk	7 French Toast w/Syrup Sausage Links Sweet Potato Nuggets Garden Salad Fruit Cocktail Milk	8 TNF Pizza Day Garlic Bread Hot Carrot Disks Garden Salad Juicy Pears Milk	
	11 Baked Chicken Tenders Herb Rice Garlic Snow Peas Garden Salad Strawberry Cup, Milk	12 Cheese Burger w/Bun Dill Pickle Idaho Potato Fries Garden Salad Orange Slices, Milk	13 Rotini w/Meat Sauce Garlic Bread Buttered Peas Garden Salad Applesauce, Milk	14 Roast Turkey Dinner Roll Mashed Potato w/Gravy Garden Salad Fruit Cocktail, Milk	15 TNF Pizza Day Garlic Bread Hot Buttered Corn Garden Salad Juicy Pears, Milk	
	18 Hamburger w/Bun Dill Pickle Oven Fried Potato Garden Salad Cling Peaches Milk	19 Twin Taco 2'sday Cheddar Cheese Lettuce/Tomato Black Beans and Rice Garden Salad Fresh Apples, Milk	20 Crispy Chicken Nuggets Garlic Couscous Sliced Cucumber Garden Salad Fresh Banana Milk	21 Grilled Cheese w/Tomato Soup Parmesan Broccoli Crowns Garden Salad Strawberry Cup, Milk	22 TNF Pizza Day Garlic Bread Garlic/Herb Zucchini Garden Salad Fruit Cocktail Milk	
WINTER RECESS						