

FEBRUARY 2018

# RCD Grades K-5

## Meal Prices

Breakfast	Paid \$1.50	Reduced	\$0.25
Lunch	Paid \$3.25	Reduced	\$0.25
Hudson Valley Fresh Milk \$0.60			

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast Specials Available Daily</b>	Breakfast					<p><b><i>DID YOU KNOW?</i></b>  <a href="http://MySchoolBucks.com">MySchoolBucks.com</a> makes meal payment convenient and simple! You can manage your students account and make payments online.</p> <p><b>Allergy Alerts!</b>  <b>Call for details.</b>  <b>Some menu items may contain tree nuts</b></p> <p>Questions?            Please call:            Larry Anthony,            FSD            758.2241ext. 38100</p> <p>WE ARE AN EQUAL OPPORTUNITY PROVIDER &amp; EMPLOYER. Employment Opportunities Available.</p>
	Ham and Cheese Melt Cereal Fresh Fruit Fruit Juice, Milk	Low Fat Yogurt Cereal/Muffin Fresh Fruit Fruit Juice, Milk	Toasted Waffles 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	
Lunch						
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	Every Day Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich			1 Roast Turkey Dinner Roll Mashed Potato w/Gravy Garden Salad Fruit Cocktail, Milk	2 TNF Pizza Day Garlic Bread Hot Buttered Corn Garden Salad Juicy Pears, Milk	
Specialty Salad Entrée Offered Daily: M- Turkey, Apple and Cranberry T- Romaine Tuna Wrap W- Chicken/Cheddar Pita Th- Chef Salad F- Egg Salad All Salads include Dinner Roll	5 Hamburger w/Bun Dill Pickle Oven Fried Potato Garden Salad Cling Peaches Milk	6 Soft Shell Taco 2'sday Cheddar Cheese Lettuce/Tomato Black Beans and Rice Garden Salad Fresh Apples, Milk	7 Crispy Chicken Nuggets Garlic Couscous Sliced Cucumber Garden Salad Fresh Banana Milk	8 Macaroni and Cheese Parmesan Broccoli Crowns Garden Salad Strawberry Cup Milk	9 TNF Pizza Day Garlic Bread Garlic/Herb Zucchini Garden Salad Fruit Cocktail Milk	
Five Components Offered Daily: Proteins, Whole Grains, Fruits, Vegetables Milk	12 Chicken/Cheese Quesadilla Refried Beans Garden Salad Pineapple, Milk	13 Lasagna Roll-Up Garlic Snow Peas Garden Salad Fresh Orange Slices Milk	14 Cheeseburger w/Bun Dill Pickle Deli Roaster Potato Garden Salad Fruit Cocktail, Milk	15 Rotini w/Meat Sauce Garlic Bread Mixed Vegetable Medley Garden Salad Diced Peaches, Milk	16 Superintendent's Conference Day	
	19 Presidents' Day	20 French Toast w/Syrup Sausage Links Sweet Potato Nuggets Garden Salad Applesauce, Milk	21 Beef Nachos Cheese Sauce Refried Beans Garden Salad Diced Peaches, Milk	22 Popcorn Chicken Dinner Roll Black Bean/Corn Salsa Garden Salad Pineapple, Milk	23 TNF Pizza Day Garlic Bread Hot Buttered Corn Garden Salad Mandarin Oranges, Milk	
	26 Mozzarella Sticks Marinara Sauce Buttered Peas Garden Salad Fruit Cocktail, Milk	27 Chicken Patty w/Bun Sweet Potato Fries Garden Salad Pineapple Milk	28 Teriyaki Chicken Seasoned Rice Garlic Broccoli Crowns Garden Salad Fresh Banana, Milk	<p><b>Wednesday February 21st</b>  <b>Help us celebrate the Winter Olympics with our International Food Festival!!!</b>  <b>Come taste a variety of cuisines from around the world!!</b></p>		