

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			
	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	2 Teriyaki Chicken Seasoned Rice Garlic Snow Peas Garden Salad Orange Slices, Milk	3 Cheeseburger w/Bun Dill Pickle Deli Roaster Potato Garden Salad Fruit Cocktail, Milk	4 Rotini w/Meat Sauce Garlic Bread Mixed Vegetable Medley Garden Salad Diced Peaches , Milk	5 TNF Pizza Day Garlic Bread Steamed Carrot Disks Garden Salad Juicy Pears , Milk	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds		
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	8 Hot Meatball Parmesan Broccoli Crowns Garden Salad Fruit Cocktail Milk	9 French Toast w/Syrup Sausage Links Sweet Potato Nuggets Garden Salad Applesauce, Milk	10 Beef Nachos Cheese Sauce Refried Beans Garden Salad Diced Peaches, Milk	11 Popcorn Chicken Dinner Roll Black Bean/Corn Salsa Garden Salad Pineapple, Milk	12 TNF Pizza Day Garlic Bread Hot Buttered Corn Garden Salad Mandarin Oranges, Milk		Questions? Please call: Larry Anthony, FSD 758.2241 ext. 38100	
Five Components Offered Daily: Proteins, Whole Grains, Fruits, Vegetables Milk	15 Martin Luther King Day	16 Chicken Patty w/Bun Sweet Potato Fries Garden Salad Pineapple, Milk	17 Teriyaki Chicken Seasoned Rice Garlic Broccoli Crowns Garden Salad Fresh Banana, Milk	18 Cheese Ravioli Garlic Bread Seasoned Carrots Garden Salad Applesauce, Milk	19 TNF Pizza Day Garlic Bread Green Beans Garden Salad Strawberry Cup, Milk			WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . Employment Opportunities
	22 Roasted Chicken Dinner Roll Baked Beans Garden Salad Pineapple, Milk	23 Twin Soft Taco 2'sday Cheddar Cheese Lettuce/Tomato Refried Beans Garden Salad Fresh Apples, Milk	24 Spaghetti w/Meatballs Garlic Bread Garlic/Herb Zucchini Garden Salad Cling Peaches, Milk	25 French Toast w/Syrup Sausage Links Sweet Potato Nuggets Garden Salad Fruit Cocktail, Milk	26 TNF Pizza Day Garlic Bread Hot Carrot Disks Garden Salad Juicy Pears, Milk			
	29 Baked Chicken Tenders Herb Rice Garlic Snow Peas Garden Salad Strawberry Cup, Milk	30 Cheese Burger w/Bun Dill Pickle Idaho Potato Fries Garden Salad Orange Slices, Milk	31 Rotini w/Meat Sauce Garlic Bread Buttered Peas Garden Salad Applesauce, Milk					