

APRIL 2017

RCS Grades 6-8

Meal Prices
Breakfast: Paid= \$1.75 Reduced= \$0.25
Lunch: Paid= \$3.25 Reduced= \$0.25
Milk= \$0.60

	Monday	Tuesday	Wednesday	Thursday	Friday	<i>DID YOU KNOW?</i> MySchoolBucks.com makes meal payment convenient and simple! You can manage your students account and make payments online.
Breakfast Specials Available	Breakfast					
	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 Offered Daily: M-Chicken Salad Sandwich T-Turkey Sandwich W-Ham & Cheese Sandwich Th-American Sandwich F- Egg Salad Sandwich	3 Hot Meatball Hero Steamed Broccoli Garden Salad Orange Wedges, Milk	4 French Toast Sticks w/Syrup, Sausage Links, Sweet Potatoes Garden Salad Applesauce, Milk	5 Baked Nachos with Ground Beef Refried Beans Garden Salad Diced Peaches, Milk	6 Chicken Nuggets Black Bean/Corn Salsa Garden Salad Pineapple, Milk	7 Homemade Pizza Day Hot Buttered Corn Garden Salad Mandarin Oranges, Milk	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds
	10 SPRING RECESS	11 SPRING RECESS	12 SPRING RECESS	13 SPRING RECESS	14 SPRING RECESS	
	Alternate Entrée : M- Meatball Hero T-Tuna Salad w/ Roll W- Fiesta Salad w/Roll Th- Hamburger w/Bun F- Crispy Fish Fillet	17 Macaroni and Cheese Steamed Green Beans Garden Salad Island Pineapple, Milk	18 Baked Nachos with Ground Beef Refried Beans Garden Salad Applesauce, Milk	19 Ziti w/Meatballs Steamed Zucchini Garden Salad Cling Peaches, Milk	20 Fluffy Pancakes w/Syrup Sausage Links Sweet Potato Nuggets Garden Salad Strawberry Cup, Milk	
Five Components Offered Daily: Proteins, Grains Fruits, Vegetables Milk Menus subject to change due to availability of foods	24 BBQ Chicken Tenders Baked Beans Garden Salad Island Pineapple Milk	25 Cheeseburger w/Bun Sweet Potato Fries Garden Salad Orange Slices, Milk	26 Pasta with Chicken Cut Carrots Garden Salad Apple Slices, Milk	27 Oven Roasted Turkey, Mashed Potato, Dinner Roll, Garden Salad, Strawberry Cup, Milk	28 Homemade Pizza Day Hot Buttered Corn Garden Salad Peaches, Milk	WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
			Thinking Local When Preparing Your Menu	AFTERNOON SNACKS!!! 2:30-3:30 EVERYDAY	THANK YOU FOR YOUR CONTINUED SUPPORT!!	Employment Opportunities Available!! Call for Details