

# APRIL 2017

## RCS Grades 9-12

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast Specials</b>	Breakfast					<i><b>DID YOU KNOW?</b></i> <u>MySchoolBucks.com</u> makes meal payment convenient and simple! You can manage your students account and make payments online.
	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					
<b>Alternate Entrée Offered Daily:</b> M-Tuna Sandwich T-Turkey Sandwich W-Ham & Cheese Sandwich Th-American Sandwich F- Egg Salad Sandwich  <b>Alternate Entrée :</b> M- Meatball Hero T-Cobb Salad w/ Roll W- Fiesta Salad w/Roll Th- Hamburger w/Bun F- Crispy Fish Fillet	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 Gourmet Pizza Day Hot Buttered Corn Garden Salad, Mandarin Oranges, Milk	<b>Allergy Alerts!</b> Call for details. Some menu items may contain tree nuts and or seeds
	10 <b>SPRING RECESS</b>	11 <b>SPRING RECESS</b>	12 <b>SPRING RECESS</b>	13 <b>SPRING RECESS</b>	14 <b>SPRING RECESS</b>	
	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 Potatoes Garden Salad, Strawberry Cup, Milk	21 Gourmet Pizza Day Steamed Carrot Disks Garden Salad, Juicy Pears, Milk	<b>Questions?</b> Please call: Larry Anthony, FSD 758.2241ext. 38100
<b>Five Components Offered Daily:</b> 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, Local Apple, Milk	27 Oven Roasted Turkey, Mashed Potato, Dinner Roll, Garden Salad, Strawberry Cup, Milk	28 Gourmet Pizza Day Hot Buttered Corn Garden Salad, Peaches, Milk	<b>WE ARE AN EQUAL OPPORTUNITY PROVIDER &amp; EMPLOYER</b>
			<b>Thinking Local When Preparing Your Menu</b>	<b>Employment Opportunities Available!! Call for Details</b>	<b>AFTERNOON SNACKS EVERYDAY!! BMS CAFÉ 2:30-3:30</b>	<b>THANK YOU FOR YOUR CONTINUED SUPPORT!!</b>