

JUNE 2017

RCS Grades 6-8

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

| Breakfast Specials Available | 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 | | | | | |
| | 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 Alternate Entrée : M- Turkey Salad w/Bun T-Tuna Salad w/ Roll W- Fiesta Salad w/Roll Th- Hamburger w/Bun F- Crispy Fish Fillet | | | | 1 Hot Meatball Hero Steamed Broccoli Garden Salad Oranges Wedges, Milk | 2 Cheese Pizza Steamed Zucchini Garden Salad Juicy Pears, Milk | Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds |
| | 5 BBQ Chicken Dinner Roll Baked Beans Garden Salad Island Pineapple, Milk | 6 Cheeseburger W/Bun Potato Fries Garden Salad Orange Wedges Milk | 7 Pasta W/Meatballs Green Beans Garden Salad Apple Slices Milk | 8 Mozzarella Sticks Marinara Sauce Green Beans Garden Salad Fruit Salad, Milk | 12 Cheese Pizza Steamed Carrot Disks Garden Salad Juicy Pears Milk | |
| | 12 Croissants Ham/ Cheddar Quiche Chicken Quesadilla Refried Beans Peaches, Milk | 13 Grilled Cheese Tomato Soup Fresh Snow Peas Garden Salad Apples, Milk | 14 Oven Fried Chicken Steamed Asparagus Garden Salad Orange Wedges Milk | 15 Macaroni and Cheese Steamed Broccoli Garden Salad Fruit Cocktail, Milk | 16 1/2 Day No Lunch | |
| Five Components Offered Daily: Proteins, Grains Fruits, Vegetables Milk Menus subject to change due to availability of foods | 19 1/2 Day No Lunch | 20 1/2 Day No Lunch | 21 1/2 Day No Lunch | 22 1/2 Day No Lunch | 23 1/2 Day No Lunch | WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER Employment Opportunities Available!! Call for Details |
| | Thank You for a Fabulous Year!! | Enjoy a Happy and Safe Summer | See You In September | AFTERNOON SNACKS!!! 2:30-3:30 EVERYDAY | THANK YOU FOR YOUR CONTINUED SUPPORT!! | |