

JUNE 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	
Breakfast Specials	Breakfast					<i>DID YOU KNOW?</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					
Alternate Sandwich Offered Daily: M-Tuna Sandwich T-Turkey Sandwich W-Ham & Cheese Sandwich Th- Club Sandwich F- Egg Salad Sandwich Alternate Salad : M- Chef Salad w/Bun T- Cobb Salad w/Roll W- Fiesta Salad w/Roll Th- Caesar Salad w/Bun F- Buffalo Chicken				1 Hot Meatball Hero Steamed Broccoli Garden Salad Oranges Wedges, Milk	2 Gourmet 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 Fresh Apple Milk	8 Mozzarella Sticks Marinara Sauce Green Beans Garden Salad Fruit Salad, Milk	9 Gourmet Pizza Steamed Carrot Disks Garden Salad Juicy Pears Milk	
	12 Buffalo Chicken Wrap Carrot Sticks Garden Salad Peaches, Milk	13 1/2 Day No Lunch	14 1/2 Day No Lunch	15 1/2 Day No Lunch	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
	Thank You for a Fabulous Year!!	Enjoy a Happy and Safe Summer	See You In September	Employment Opportunities Available!! Call for Details	AFTERNOON SNACKS EVERYDAY!! BMS CAFÉ 2:30-3:30	THANK YOU FOR YOUR CONTINUED SUPPORT!!