

# MAY 2017

## RCS Grades 6-8

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

<div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <b>Breakfast Specials Available</b> </div>	Monday	Tuesday	Wednesday	Thursday	Friday	<b><i>DID YOU KNOW?</i></b> <a href="http://MySchoolBucks.com">MySchoolBucks.com</a> makes meal payment convenient and simple! You can manage your stu- dents 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						
<b>Alternate Entrée Offered Daily:</b> M-Chicken Salad Sandwich T-Turkey Sandwich W-Ham & Cheese Sandwich Th-American Sandwich F- Egg Salad Sandwich  <b>Alternate Entrée :</b> M- Turkey Salad w/Bun T-Tuna Salad w/ Roll W- Fiesta Salad w/Roll Th- Hamburger w/Bun F- Crispy Fish Fillet	1	2	3	4	5	<b>Allergy Alerts!</b> <b>Call for details.</b> <b>Some menu items may contain tree nuts and or seeds</b>
	Beef Hot Dog w/Bun Green Beans Garden Salad Peaches Milk	Grilled Cheese Chicken Noodle Soup Green Beans Garden Salad Cling Peaches, Milk	Chicken Taco Seasoned Rice Refried Beans Garden Salad Orange Slices, Milk	French Toast Sticks Sausage Links Garden Salad Sweet Potato Fries Fruit Cocktail, Milk	Cheese Pizza Steamed Zucchini Garden Salad Juicy Pears, Milk	
	8	9	10	11	12	
Chicken Fajita Tortillas Refried Beans Garden Salad Pineapple, Milk	Teriyaki Chicken Seasoned Rice Steamed Broccoli Garden Salad Orange Slices, Milk	Cheeseburger on Bun Deli Roaster Potato Garden Salad Fruit Cocktail Milk	Rotini w/Meat Sauce Garlic Bread Zucchini Garden Salad Diced Peaches Milk	Cheese Pizza Steamed Carrot Disks Garden Salad Juicy Pears Milk	<b>Questions?</b> <b>Please call:</b> <b>Larry Anthony,</b> <b>FSD</b> <b>758.2241ext. 38100</b>	
15	16	17	18	19		
Hot Meatball Hero Steamed Broccoli Garden Salad Orange Wedges Milk	French Toast Sticks Sausage Links, Sweet Potato Garden Bar Applesauce, Milk	Beef Nachos Refried Beans Garden Salad Diced Peaches Milk	Roast Herb Chicken Dinner Roll Black Bean/Corn Salsa Garden Salad Pineapple, Milk	Cheese Pizza Hot Buttered Corn Garden Salad Mandarin Oranges Milk		
<b>Five Components Offered Daily:</b> Proteins, Grains Fruits, Vegetables Milk  Menus subject to change due to availability of foods	22	23	24	25	26	<b>WE ARE AN EQUAL OPPORTUNITY PROVIDER &amp; EMPLOYER</b>
	Mozzarella Sticks Marinara Sauce Baked Beans Garden Salad Fruit Salad, Milk	Chicken Patty w/Bun Sweet Potato Fries Garden Salad Pineapple Milk	Teriyaki Chicken Seasoned Rice Steamed Broccoli Garden Salad Orange Slices, Milk	Stuffed Shells w/ Sauce Garlic Bread Carrot Sticks Garden Salad Applesauce, Milk	Cheese Pizza Steamed Green Beans Garden Salad Strawberry Cups Milk	
	29	30	31	AFTERNOON SNACKS!!! 2:30-3:30 EVERYDAY	THANK YOU FOR YOUR CONTINUED SUPPORT!!	
Memorial Day	Beef Nachos Refried Beans Garden Salad Applesauce Milk	Baked Ziti Garlic Bread Steamed Zucchini Garden Salad Cling Peaches, Milk			<b>Employment Opportunities Available!! Call for Details</b>	