

MAY 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> MySchoolBucks.com 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 Entrée Offered Daily: M-Tuna Sandwich T-Turkey Sandwich W-Ham & Cheese Sandwich Th-American Sandwich F- Egg Salad Sandwich Alternate Entrée : M- Turkey Salad w/Bun T- Cobb Salad w/Roll W- Fiesta Salad w/Roll Th- Hamburger w/Bun F- Crispy Fish Fillet	1 Grilled Cheese Chicken Noodle Soup Green Beans Garden Salad Cling Peaches, Milk	2 Beef Chili w/Cheese Bread Sticks Buttered Corn Garden Salad Apples, Milk	3 Chicken Taco Seasoned Rice Refried Beans Garden Salad Orange Slices, Milk	4 French Toast Sticks Sausage Links Garden Salad Sweet Potato Fries Fruit Cocktail, Milk	5 Gourmet Pizza Steamed Zucchini Garden Salad Juicy Pears, Milk	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds
	8 Chicken Fajita Tortillas Refried Beans Garden Salad Pineapple, Milk	9 Teriyaki Chicken Seasoned Rice Steamed Broccoli Garden Salad Orange Slices, Milk	10 Cheeseburger on Bun Deli Roaster Potato Garden Salad Fruit Cocktail Milk	11 Rotini w/Meat Sauce Garlic Bread Zucchini Garden Salad Diced Peaches Milk	12 Gourmet Pizza Steamed Carrot Disks Garden Salad Juicy Pears Milk	
	15 Hot Meatball Hero Steamed Broccoli Garden Salad Orange Wedges Milk	16 French Toast Sticks Sausage Links, Sweet Potato Garden Bar Applesauce, Milk	17 Beef Nachos Refried Beans Garden Salad Diced Peaches Milk	18 Roast Herb Chicken Dinner Roll Black Bean/Corn Salsa Garden Salad Pineapple, Milk	19 Gourmet Pizza Hot Buttered Corn Garden Salad Mandarin Oranges Milk	
Five Components Offered Daily: Proteins, Grains Fruits, Vegetables Milk Menus subject to change due to availability of foods	22 Mozzarella Sticks Marinara Sauce Baked Beans Garden Salad Fruit Salad, Milk	23 Chicken Patty w/Bun Sweet Potato Fries Garden Salad Pineapple Milk	24 Teriyaki Chicken Seasoned Rice Steamed Broccoli Garden Salad Orange Slices, Milk	25 Stuffed Shells w/ Sauce Garlic Bread Carrot Sticks Garden Salad Applesauce, Milk	26 Gourmet Pizza Steamed Green Beans Garden Salad Strawberry Cups Milk	WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
	29 Memorial Day	30 Beef Nachos Refried Beans Garden Salad Applesauce Milk	31 Baked Ziti Garlic Bread Steamed Zucchini Garden Salad Cling Peaches, Milk	Employment Opportunities Available!! Call for Details	AFTERNOON SNACKS EVERYDAY!! BMS CAFÉ 2:30-3:30	THANK YOU FOR YOUR CONTINUED SUPPORT!!