


September 2017

RCD Grades 6-8

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

	Monday	Tuesday	Wednesday	Thursday	Friday	<i>DID YOU KNOW?</i> <u>MySchool-Bucks.com</u> makes meal payment convenient and simple! You can manage your students account and make payments online.
 <p>Breakfast Specials Available Daily</p>	Breakfast					
	Low Fat Yogurt Cereal/Muffin Fresh Fruit Fruit Juice, Milk	Ham and Cheese Melt Cereal Fresh Fruit Fruit Juice, Milk	English Muffin & Jelly 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 Sandwich Offered Daily: M-Turkey/Cheese Roll Up w/Graham Snacks T-Tuna Salad Sandwich W-Ham & Cheese Sandwich Th- Turkey, Ham and Cheese Combo Sandwich F- Turkey Wrap Specialty Salad Entrée Offered Daily: M- Apple Cranberry T- Romaine Tuna Wrap W- Chicken/Cheddar Pita Th- Chef Salad F- Chick Pea/Edamame Protein Bomb All Salads include Dinner Roll Five Components Offered Daily: Proteins, Whole Grains, Fruits, Vegetables Milk	Every Day Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich		6 Teriyaki Chicken Seasoned Rice Garlic Broccoli Crowns Garden Salad Fresh Banana, Milk	7 Cheese Ravioli Garlic Bread Seasoned Carrots Garden Salad Applesauce, Milk	8 TNF Pizza Day Green Beans Garden Salad Strawberry Cup Milk	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds
	11 Roasted Chicken Dinner Roll Baked Beans Garden Salad Pineapple Milk	12 Twin Taco 2'sday Cheddar Cheese Lettuce/Tomato Refried Beans Garden Salad Fresh Apples, Milk	13 Spaghetti W/Meatballs Garlic Bread Garlic/Herb Zucchini Garden Salad Cling Peaches, Milk	14 French Toast w/Syrup Sausage Links Sweet Potato Nuggets Garden Salad Fruit Cocktail Milk	15 TNF Pizza Day Hot Carrot Disks Garden Salad Juicy Pears Milk	
	18 Baked Chicken Tenders Herb Rice Garlic Snow Peas Garden Salad Strawberry Cup, Milk	19 Cheese Burger w/Bun Dill Pickle Idaho Potato Fries Garden Salad Fresh Orange Slices Milk	20 Rotini w/Meat Sauce Garlic Bread Buttered Peas Garden Salad Applesauce, Milk	21 <h3 style="text-align: center;">Rosh Hashanah</h3>	22 Superintendent's Conference Day	Questions? Please call: Larry Anthony, FSD 758.2241 ext. 38100
	25 Hamburger w/Bun Dill Pickle Oven Fried Potato Garden Salad Cling Peaches Milk	26 Twin Taco 2'sday Cheddar Cheese Lettuce/Tomato Black Beans and Rice Garden Salad Fresh Apples, Milk	27 Crispy Chicken Nuggets Garlic Couscous Sliced Cucumber Garden Salad Fresh Banana Milk	28 Macaroni and Cheese Parmesan Broccoli Crowns Garden Salad Strawberry Cup Milk	29 TNF Pizza Day Garlic/Herb Zucchini Garden Salad Fruit Cocktail Milk	WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . Employment Opportunities Available.