


# September 2017

## RCD Grades K-5

### Meal Prices

Breakfast	Paid \$1.50	Reduced	\$0.25
Lunch	Paid \$3.25	Reduced	\$0.25
		Milk	\$0.60

	Monday	Tuesday	Wednesday	Thursday	Friday	<i><b>DID YOU KNOW?</b></i> <u>MySchool-Bucks.com</u> makes meal payment convenient and simple! You can manage your students account and make payments online.	
	Breakfast						<b>Allergy Alerts!</b> <b>Call for details.</b> Some menu items may contain tree nuts and or seeds
	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 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	Questions? Please call: Larry Anthony, FSD 758.2241 ext. 38100  WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . <b>Employment Opportunities Available.</b>		
	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  <b>Rosh Hashanah</b>		22 <b>Superintendent's Conference Day</b>	
	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		