

**JUNE 2021 CARB COUNTER MENU**

**RCSD Grades 6-12**

**Meal Prices**

**Breakfast Paid \$0.00      Reduced No Charge**  
**Lunch Paid \$0.00      Reduced No Charge**  
**Hudson Valley Fresh Milk \$0.60**

<b>BREAKFAST:</b> Three Components Served Daily.  Grain 1oz Fruit 1/2 Cup Milk 8oz	Monday	Tuesday	Wednesday	Thursday	Friday	<b>Milk 8oz</b> F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1% 13  <b>1oz Cereal Bowls</b> Cheerios 20 Chex 27 Kix 15 Raisin Bran 27  <b>Juice 4 oz</b> Apple 13 Grape 19 Orange 13 Cranberry 14  <b>Fresh Fruit: 1/2 cup</b> Apple 25 Banana 27 Grapes 8 Orange 15 Strawberry 6  Peanut Butter/Jelly 35 American Cheese 33 Sandwich
	<b>Choose a Breakfast</b>					
	Cereal 20, Pears 16, Milk 13 Yogurt 19, Graham Crackers 24, Peaches 16, Milk 13/24 Blueberry Muffin 26, Applesauce 13, Milk 13					
	<b>Lunch</b>					
<b>Alternate Entrée Sandwich Offered Daily:</b> M- Cheese Sandwich 26 T-Turkey Cheese Wrap 33 W- Buffalo Chicken Wrap 33 Th- Turkey Sandwich 26 F- Egg Salad 28  <b>Specialty Salad Entrée Offered Daily:</b> M- Garden Salad w/Beans 21 T- Turkey Cranberry W- Chop Chicken/Cheese Th- Chef Salad 11 F- Chicken Caesar 25 All Salads include Grain 23  <b>Five Components Offered Daily:</b> Proteins 2 oz Whole Grains 1 oz Fruits 1/2 cup Vegetables 1/2 cup Milk 8 oz		1 Turkey Club 25 Broccoli 6 Pears 16	2 Roast Chicken 0 Honey Graham 24 Baked Beans 32 Apple 25	3 Beef Patty 0 Bun 25 Potatoes 32 Peaches 16	4 Pizza 32 Corn 12 Applesauce 25	
	7 Turkey Club 25 Green Beans 6 Applesauce 25	8 Chicken Drummie 5 Graham Crackers 24 Corn 12 Peaches 16	9 Pizza 32 Fresh Green Salad 0 Apple 25	10 Grilled Cheese 26 Carrots 13 Fruit Cocktail 14	11 Chicken Patty 13 Bun 25 Broccoli 6 Pear 16	
	14 Chicken/Cheese Quesadilla 17 Refried Beans 20 Pear 16	15 Beef Patty 0 Bun 25 Potato 32 Peaches 16	16 French Toast 28 Syrup 30 Sausage Links 1 Smiley Potatoes 31 Grapes 8	17 Chicken Tenders 14 Corn 12 Fruit Cocktail 14	18 BBQ Pork 8 Bun 25 Banana 27	
	21 Taquitos 26 Refried Beans 20 Fresh Apple 25	22 Chicken Nuggets 13 BBQ Sauce 11 Carrots 13 Applesauce 13	23 Beef 0 Tortilla Shell 17 Black Bean /Corn 16 Fruit Cocktail 14	24 Beef Patty 0 Bun 25 Potatoes 32 Peaches 16	25 Fillet of Fish 11 Bun 25 Buttered Broccoli 6 Pear 16	