## Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paid</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Reduced</td>
<td>No Charge</td>
<td>No Charge</td>
</tr>
</tbody>
</table>

### Hudson Valley Fresh Milk $0.60

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### February 2021 Carb Counter Menu

**RCSD Grades K-12**

**Breakfast:**

- Three Components
- Served Daily.
- Grain 1 oz
- Fruit 1/2 Cup
- Milk 8 oz

### Choose a Breakfast

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Mac and Cheese 37</td>
<td>Chicken Drummie 5</td>
<td>Roast Chicken 0</td>
<td>Beef Patty 0</td>
<td>Pizza 32</td>
</tr>
<tr>
<td></td>
<td>Carrots 13</td>
<td>Graham Crackers 20</td>
<td>Rice 26</td>
<td>Bun 25</td>
<td>Corn 12</td>
</tr>
<tr>
<td></td>
<td>Applesauce 13</td>
<td>Oven Fries 32</td>
<td>Green Bean 6</td>
<td>Potatoes 32</td>
<td>Peaches 16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit Cocktail 14</td>
<td>Orange Wedge 15</td>
<td>Pear 16</td>
<td></td>
</tr>
</tbody>
</table>

### Lunch

#### Alternate Entrée Sandwich

- Offered Daily:
  - M – Cheese Sandwich 26
  - T – Turkey Cheese Wrap 33
  - W – Buffalo Chicken Wrap 33
  - Th – Turkey Sandwich 26
  - F – Chicken Salad 26

#### Specialty Salad Entrée

- Offered Daily:
  - M – Garden Salad w/Beans 21
  - T – Turkey Cranberry
  - W – Chop Chicken/Cheese
  - Th – Chef Salad 11
  - F – Chicken Caesar 25

#### Five Components

- Offered Daily:
  - Proteins 2 oz
  - Whole Grains 2 oz
  - Fruits 1/2 cup
  - Vegetables 1/2 cup
  - Milk 8 oz

### 1 oz Cereal Bowls

- Cheerios 20
- Chex 27
- Kix 15
- Raisin Bran 27

### Juice 4 oz

- Apple 13
- Grape 19
- Orange 13
- Cranberry 14

### Fresh Fruit: 1/2 cup

- Apple 25
- Banana 27
- Orange 15
- Strawberry 6
- Grapes 8

- Peanut Butter/Jelly 35
- American Cheese 33
- Sandwich