



RCMS

This institution is an equal opportunity provider.

October 2020

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1st Breakfast: Donuts – Watermelon Juice / Milk Sloppy Joes Cooked Carrots Fruit - Pineapple Milk	2 Breakfast: Pop Tart- Cantaloupe Juice / Milk Hot Ham and Cheese Sandwich Tater Tots / Ketchup Fruit - Grapes Milk
			5 Breakfast: Frudel – Apple Slices Juice / Milk PBJ Broccoli and Dip Fruit -Pears Milk	6 Breakfast: Honey Bun – Grapes Juice / Milk Hamburger on Bun Corn Fruit -Orange Milk
Columbus Day No School				
13 Breakfast: Maple Waffle – Apple Juice / Milk Popcorn Chicken Cooked Carrots Fruit – Mixed Fruit Milk	14 Breakfast: Cereal – Raisels Juice / Milk Hot dog on Bun Baked Beans Fruit - Peaches Milk	15 Breakfast: Donuts – Applesauce Juice / Milk Pork Fritter on Bun Corn Fruit - Grapes Milk	16 Breakfast: Pop Tart – Honey Dew Juice / Milk Ham and Cheese Sandwich Broccoli and Dip Fruit - Pineapple Milk	
19 Breakfast: Frudel – Grapes Juice / Milk PBJ Green Beans Fruit – Mandarin Oranges Milk	20 Breakfast: Honey Bun – Watermelon Juice / Milk Mini Pizza Bagel Carrots and Dip Fruit - Apple Milk	21 Breakfast: Cereal Bar – Cantaloupe Juice / Milk Chicken Patty on Bun Tater Tots / Ketchup Fruit - Slushy Milk	22 Breakfast: Donuts – Apple Slices Juice / Milk Cheese Burger on Bun Baked Beans Fruit - Pears Milk	23 Breakfast: Muffin - Peaches Juice / Milk Turkey Club Sandwich Romaine Salad / Dressing Fruit - Grapes Milk
26 Breakfast: Frudel – Apple Slices Juice / Milk PBJ Cooked Carrots Fruit – Applesauce Milk	27 Breakfast: Maple Waffle – Raisels Juice / Milk Bosco Sticks Marinara dunker/ Slushy Fruit - Peaches Milk	28 Breakfast: Cereal – Blueberries Juice / Milk BBQ sandwich Baked Beans Fruit – Mixed Fruit Milk	29 Breakfast: Donuts – Banana Juice / Milk Chicken Tenders Corn Fruit – Pineapple Milk	30 Breakfast: Pop Tart - Pears Juice / Milk Hot Ham and Cheese Sandwich Celery and Dip Fruit – Apple Slices / Carmel Milk

Variety of Milk served with each meal

Reminder:
You can deposit money into your students Food Service account through Skyward Family Access.

*Menu is Subject to Change.

** Extra grains may be added to each meal.

NOTE: There must be money on the student's account, if they only want to purchase a milk or juice. The School price Breakfast/Lunch - Free/Reduced meal comes with one drink. Any extras or students with lunch boxes must have money for a purchase. Milk/Juice = \$.50



Reliable Caring Cooks Undoubtedly #1

Growing Strong Healthy Tigers, one Meal at a Time!

-RCCU1 Food Service Department



	Prices
Breakfast	\$2.20
Reduced	.30
Adult Breakfast	\$3.30
Lunch	\$2.80
Reduced	.40
Adult	\$4.30
EXTRA MILK	.50