



RCMS

This institution is an equal opportunity provider.

September 2019

Please see the website for menus and other key information.



Variety of Milk served with each meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day	Cold: Cereal /Yogurt ³	Cold: Cereal / Toast / Jelly ⁴	Cold: Cereal /Toast / Jelly ⁵	Cold: Big Cereal / Cheese Stick ⁶
	Hot: French Toast/Syrup	Hot: Breakfast Casserole/Toast	Hot: Breakfast Pizza	Hot: Apple Bosco
	Salisbury Steak Whipped Potatoes / Gravy / Peas Roll / Mixed Fruit Milk	Chicken Fajitas Soft Tortilla Lettuce/Cheese/Salsa Strawberry Cup/Milk	Breaded Chicken Patty Bun / Ketchup Baked Beans Pickle Spears / Pears / Milk	Cheese Pizza Carrots / Dip Fresh Citrus Cup Cookie / Milk
Cold: Cereal / Cheese Stick ⁹	Cold: Cereal /Yogurt ¹⁰	Cold: Cereal / Toast / Jelly ¹¹	Cold: Cereal /Toast / Jelly ¹²	Cold: Big Cereal / Cheese Stick ¹³
Hot: Ham/Cheese Sandwich	Hot: Waffles/Syrup	Hot: Breakfast Casserole/Toast	Hot: Breakfast Pizza	Hot: Apple Bosco
Cheese Quesadilla / Salsa Cup Bean Dip/ Chips Mandarin Oranges Milk	Corn Dog Ketchup Baked Sweet Potato Puffs Pears /Milk	Mini Pizza Bagels Corn Apple Wedges/Milk	Chicken Nuggets Ketchup / Mixed Vegetables Strawberries and Bananas Snickerdoodle /Milk	Bosco Sticks Marinara Dunker Romaine lettuce Salad w/dressing Peaches / Milk
Cold: Cereal / Cheese Stick ¹⁶	Cold: Cereal /Yogurt ¹⁷	Cold: Cereal / Toast / Jelly ¹⁸	Cold: Cereal /Toast / Jelly ¹⁹	Cold: Big Cereal / Cheese Stick ²⁰
Hot: Sausage/Cheese Sandwich	Hot: Pancake on Stick/Syrup	Hot: Breakfast Casserole/Toast	Hot: Breakfast Pizza	Hot: Apple Bosco
Cheeseburger on Bun Pickles/ Ketchup Baked Beans Applesauce / Milk	Pig in a Blanket / Ketchup Broccoli / Cheese Ridgefield Slushy Milk	Club Sandwich Carrots / Dip Mandarin Oranges Milk	Popcorn Chicken Potato Smiles / Ketchup BBQ Dipper / Peaches Blueberry Muffins/ Milk	BBQ on Bun Pickle Spears Green Beans Fruit Cup/ Milk
Cold: Cereal / Cheese Stick ²³	Cold: Cereal /Yogurt ²⁴	Cold: Cereal / Toast / Jelly ²⁵	Cold: Cereal /Toast / Jelly ²⁶	Cold: Big Cereal / Cheese Stick ²⁷
Hot: Ham/Cheese Sandwich	Hot: Pancakes/Syrup	Hot: Breakfast Casserole/Toast	Hot: Breakfast Pizza	Hot: Apple Bosco
Hot Dog / Bun / Ketchup Chili Cup Cooked Carrots Pineapple / Milk	Mashed Potato Bowl Chicken/Cheese/ Corn /Gravy Roll Oranges Wedges/Milk	Nachos Supreme w/chips Lettuce Cup / Salsa Pears Milk	Chicken Tenders Ketchup / Baked Beans Pumpkin Muffin Apple Wedges / Milk	Bosco Sticks Marinara Dunker Romaine lettuce Salad w/dressing Peaches / Milk
Cold: Cereal / Cheese Stick ³⁰	October 1 Cold: Cereal /Yogurt	Cold: Cereal / Toast / Jelly ²	Cold: Cereal /Toast / Jelly ³	Cold: Big Cereal / Cheese Stick ⁴
Hot: Sausage/Cheese Sandwich	Hot: French Toast/Syrup	Hot: Breakfast Casserole/Toast	Hot: Breakfast Pizza	Hot: Apple Bosco
Tater Tot Casserole Bread Stick / Steamed Broccoli Ridgefield Slushy Milk	Salisbury Steak Whipped Potatoes / Gravy Roll / Mixed Fruit Peas/ Milk	Chicken Fajitas Soft Tortilla Lettuce/Cheese/Salsa Strawberry Cup/Milk	Breaded Chicken Patty Bun / Ketchup Baked Beans Pickle Spears / Pears / Milk	Cheese Pizza Carrots / Dip Sugar cookie/Fresh Fruit cup Milk

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!
 -RCU1 Food Service Department

Prices	
Breakfast	\$2.10
Reduced	.30
Adult Breakfast	\$3.25
Lunch	\$2.70
Reduced	.40
Adult	\$4.25
EXTRA MILK	.50