



# RCMS

This institution is an equal opportunity provider.

# January 2020

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cold:</b> Cereal / Cheese Stick <sup>6</sup>	<b>Cold:</b> Cereal /Yogurt <sup>7</sup>	<b>Cold:</b> Cereal / Toast / Jelly <sup>8</sup>	<b>Cold:</b> Cereal / Cinnamon Toast <sup>9</sup>	<b>Cold:</b> Big Cereal / Cheese Stick <sup>10</sup>
<b>Hot:</b> Sausage/Cheese Sandwich	<b>Hot:</b> French Toast/Syrup	<b>Hot:</b> Combo Bar	<b>Hot:</b> Breakfast Pizza	<b>Hot:</b> Cinnamon Roll
Tater Tot Casserole Steamed Broccoli / Bread Stick Pineapple Milk	Breaded Chicken Patty on Bun Ketchup / Baked Beans Peaches Milk	Taco in a Bag Lettuce/Cheese/Salsa Strawberry Cup Milk	Pancake on a Stick w/ Syrup Hash Brown/Ketchup Ridgefield Slushy Milk	Cheese Pizza Carrots/ Dip Mixed Fruit Cookie/ Milk
<b>Cold:</b> Cereal / Cheese Stick <sup>13</sup>	<b>Cold:</b> Cereal /Yogurt <sup>14</sup>	<b>Cold:</b> Cereal / Toast / Jelly <sup>15</sup>	<b>Cold:</b> Cereal / Cinnamon Toast <sup>16</sup>	<b>Cold:</b> Big Cereal / Cheese Stick <sup>17</sup>
<b>Hot:</b> Bacon/Egg Sandwich	<b>Hot:</b> Pancakes/ Syrup	<b>Hot:</b> Scrambled Eggs / Toast	<b>Hot:</b> Breakfast Pizza	<b>Hot:</b> Biscuit and Gravy
Beefy Burrito / Salsa Bean Dip/ Chips Mandarin Oranges Milk	Chili Bag of Chips Baby Carrots / Dip Pears /Milk	Mini Pizza Bagels Corn / Slushy Apple Wedges Milk	Chicken Nuggets Ketchup / Mixed Vegetables Strawberries and Bananas Cookie /Milk	Bosco Sticks Marinara Dunker Mixed Greens Salad w/dressing Pineapple / Milk
<b>Martin Luther King, Jr. Holiday</b>	<b>Cold:</b> Cereal /Yogurt <sup>21</sup>	<b>Cold:</b> Cereal / Toast / Jelly <sup>22</sup>	<b>Cold:</b> Cereal / Cinnamon Toast <sup>23</sup>	<b>Cold:</b> Big Cereal / Cheese Stick <sup>24</sup>
	<b>Hot:</b> Waffles/Syrup	<b>Hot:</b> Scrambled Eggs / Toast	<b>Hot:</b> Breakfast Pizza	<b>Hot:</b> Cinnamon Roll
	Popcorn Chicken Ketchup / Honey Mustard Green Beans / Muffin Applesauce / Milk	Pony Shoe: Burger on Toasted Bread topped with Fries & Cheese Carrots / Dip Peaches /Milk	Salisbury Steak Whipped Potatoes / Gravy Roll / Peas Mixed Fruit / Milk	Mr. Ribb Sandwich Baked Beans / Pickle Spears Mixed Berry Cup Milk
<b>Cold:</b> Cereal / Cheese Stick <sup>27</sup>	<b>Cold:</b> Cereal /Yogurt <sup>28</sup>	<b>Cold:</b> Cereal / Toast / Jelly <sup>29</sup>	<b>Cold:</b> Cereal /Cinnamon Toast <sup>30</sup>	<b>Cold:</b> Big Cereal / Cheese Stick <sup>31</sup>
<b>Hot:</b> Bacon/Egg Sandwich	<b>Hot:</b> Pancake on Stick /Syrup	<b>Hot:</b> Scrambled Eggs / Toast	<b>Hot:</b> Breakfast Pizza	<b>Hot:</b> Biscuit and Gravy
Chicken Tenders BBQ Sauce / Honey Mustard Baked Beans Pears Cookie / Milk	Meatloaf Whipped Potatoes /Gravy Bread Stick / Dragon Punch Pineapple/Milk	Bosco Sticks Marinara Dunker Green Beans Peaches/Milk	Baked Potato / Margarine Cheese Cup / BBQ Pork Roll / Broccoli Apple Wedges / Milk	Cheese Pizza Carrots & Celery / Dip Mixed Fruit Cookie / Milk



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

*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*

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

**Reliable Caring Cooks Undoubtedly #1**  
 Growing Strong Healthy Tigers, one Meal at a Time!  
 -RCCU1 Food Service Department