


RCS Elementary School Lunch Menu - March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg Salad Sandwich 2 Buffalo Chicken Wrap Broccoli Apple Sauce Skim or 1% Milk	Turkey Sandwich 3 Nachos w/ Beef Rice and Beans Corn Banana/Pears Skim or 1% Milk	Ham Sandwich 4 BBQ Pork Kaiser Roll Carrots/Coleslaw Strawberries Skim or 1% Milk	Mixed Sandwich 5 Roast Turkey Mashed Corn Pears/Mixed Fruit Skim or 1% Milk	Tuna Salad Sandwich 6 Home Made Pizza Green Leafy Salad Assorted Fruit Skim or 1% Milk
Egg Salad Sandwich 9 Baked Fried Chicken Mashed Corn Pears/Mixed Fruit Skim or 1% Milk	Mixed Sandwich 10 Mac & Cheese Dinner Roll Spinach Peaches Skim or 1% Milk	Ham Sandwich 11 Cheese Burgers Fries Green Leafy Salad Bananas Skim or 1% Milk	Staff Development 12 Early Dismissal k-12 French Toast Sticks Strawberries Apple Sauce Skim or 1% Milk	Tuna Salad Sandwich 13 BBQ Chicken Pizza Green Leafy Salad Pears Mixed Fruit Skim or 1% Milk
Early Dismissal upk-8 16 Chicken Parm Roll Fries Green Beans Peaches/Apples Skim or 1% Milk	Early Dismissal upk-8 17 Hot Dogs Green Beans Chili/Chips Pears/Bananas Skim or 1% Milk	Ham Sandwich 18 Taco's Beans & Rice Mexican Corn Apples Sauce Skim or 1% Milk	Mixed Deli Sandwich 19 Roast Turkey Mashed Carrots Pears/Mixed Fruit Skim or 1% Milk	Tuna Salad Sandwich 20 Pizza Sticks Carrots Green Leafy Salad Bananas Skim or 1% Milk
Tuna Salad Sandwich 23 Chicken Nuggets Baked Fries Spinach Mixed Fruit Skim or 1% Milk	Turkey Sandwich 24 Meatball Sub Strawberries Carrots Skim or 1% Milk	Ham Sandwich 25 General Tso's Rice and Beans Broccoli Peaches Skim or 1% Milk	Mixed Deli 26 Ziti Marinara or Meat Green Beans Berries Skim or 1% Milk	Egg Salad Sandwich 27 Pizza Veggie/Cheese Green Leafy Salad Bananas Skim or 1% Milk
Egg Salad Sandwich 30 Sweet and Sour Chicken, Rice Green Beans Apple Sauce Skim or 1% Milk	Turkey Sandwich 31 Cheeseburgers Wheat Grain Rolls Fries, Carrots Peaches Skim or 1% Milk			

Did you eat nutritiously?

Grains for digestion? ____
 Veggies for energy? ____
 Fruits for vitamins? ____
 Dairy for calcium? ____
 Meat & Beans for muscles?

Read, Reason, Play? ____



Available Daily

Assorted Salads
 Yogurt and
 Assorted Fruit
 Three Flavors of
 Slim Milk and 1%
 White

Student Lunch \$2.75
 Milk price .50
 Menu Subject to change.

"MYSchoolbucks" online
 account.
 Navigate our RCS website
 (WWW.RCSCSD.ORG) and
 you will find the link on the

