

RCS Middle and High School Lunch Menu - March 2020

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 Buffalo Chicken Wrap Broccoli Apple Sauce Skim or 1% Milk	3 Nachos w/ Beef Rice and Beans Corn Banana/Pears Skim or 1% Milk	4 BBQ Pork Kaiser Roll Carrots/Coleslaw Strawberries Skim or 1% Milk	5 Roast Turkey Mashed Corn Pears/Mixed Fruit Skim or 1% Milk	6 Home Made Pizza Green Leafy Salad Assorted Fruit Skim or 1% Milk
9 Baked Fried Chicken Mashed Corn Pears/Mixed Fruit Skim or 1% Milk	10 Mac & Cheese Dinner Roll Spinach Peaches Skim or 1% Milk	11 Cheese Burgers Fries Green Leafy Salad Bananas Skim or 1% Milk	12 Staff Development Early Dismissal k-12 French Toast Sticks Strawberries Apple Sauce Skim or 1% Milk	13 B.B.Q. Chicken Pizza Green Leafy Salad Pears Cut Oranges Skim or 1% Milk
16 Early Dismissal k-8 Chicken Parm Roll Fries Green Beans Peaches/Apples Skim or 1% Milk	17 Early Dismissal k-8 Hot Dogs Green Beans Chili/Rice Pears/Bananas Skim or 1% Milk	18 Taco's Beans & Rice Mexican Corn Apples Sauce Skim or 1% Milk	19 Roast Turkey Mashed Carrots Pears/Mixed Fruit Skim or 1% Milk	20 Pizza Sticks Broccoli Green Leafy Salad Bananas Skim or 1% Milk
23 Chicken Nuggets Baked Fries Spinach Mixed Fruit Skim or 1% Milk	24 Meatball Sub/ Chips Strawberries Carrots Skim or 1% Milk	25 General Tso's Rice and Beans Broccoli Peaches Skim or 1% Milk	26 Ziti Marinara or Meat Green Beans Berries Skim or 1% Milk	27 Pizza Veggie/Cheese Green Leafy Salad Bananas Skim or 1% Milk
30 Egg Salad Sandwich Sweet and Sour Chicken, Rice Green Beans Apple Sauce Skim or 1% Milk	31 Turkey Sandwich 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 \$3.10
 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



