

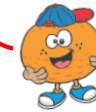
RCS Middle and High School Lunch Menu - September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"MYSchoolbucks" online account. Navigate our RCS website (WWW.RCSCSD.ORG) and you will find the link on the Cafe page..</p>	1	2	3	4
<p>Labor Day No School</p>	<p>Staff Development Day</p>	<p>Staff Development Day</p>	<p>Staff Development Day</p>	<p>Staff Development Day</p>
<p>PBJ Sandwich 14 Chicken Nuggets Whole Grain Roll Green Beans Apple Sauce/Mixed Skim or 1% Milk</p>	<p>Turkey Sandwich 15 Nachos w/ Meat Rice and Beans Corn Apple Skim or 1% Milk</p>	<p>Ham Sandwich 16 Cheese Quesadilla Whole Grain Salsa/Carrots Berries/Pears Skim or 1% Milk</p>	<p>Mixed Sandwich 17 Meat Ball Sub Wheat Grain Rolls Baked Fries, Broccoli Pears/Oranges Skim or 1% Milk</p>	<p>Tuna Salad 18 Pizza Sticks Green Leafy Salad Pears/Grapes Skim or 1% Milk</p>
<p>PBJ Sandwich 21 Popcorn Chicken Whole Grain Breading Spinach, Fries Orange/Fruit Salad Skim or 1% Milk</p>	<p>Turkey Sandwich 22 Ziti Marinara & Meatballs Broccoli Apple Sauce/Mixed Skim or 1% Milk</p>	<p>Ham Sandwich 23 Roast Turkey Whole Grain Mashed/Carrots Berries/Pears Skim or 1% Milk</p>	<p>Mixed Sandwich 24 Chicken Fajita Rice and Beans Corn Apple Sauce/Mixed Skim or 1% Milk</p>	<p>Egg Sandwich 25 Cheesy Crust Pizza with Meatballs Toss Garden Salad Pears Skim or 1% Milk</p>
<p>PBJ Sandwich 28 Baked Fried Chicken Roll Green Beans Fruit Salad Skim or 1% Milk</p>	<p>Turkey Sandwich 29 Philly Cheese Steak Hoagie Peaches/Pears Carrots Skim or 1% Milk</p>	<p>Ham Sandwich 30 Buffalo Chicken Wrap Berries/Pears Carrots Skim or 1% Milk</p>	<p>Healthy Kids learn better! Research shows important links between physical activity, healthy eating, and academic performance. Schools and families can play an important role in helping our kids eat well, stay active, and do well in school!</p>	

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

Tossed Salad
 Chef Salad
 Sandwich of the
 Yogurt
 Assorted Fruits
 Farm to School Milk
 1% Chocolate
 1% White Milk
 Skim

Student Lunch \$3.20

Milk price .50

Menu Subject to change.



