


RCS Elementary School Lunch Menu - February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Ham Sandwich 1 Nachos Rice and Beans Corn Apples Skim or 1% Milk	Mixed Sandwich 2 Meatball Sub Fries Spinach Peaches Skim or 1% Milk	Tuna Salad 3 Cheesy Pizza Garden Salad Green Beans Assorted Fruit Skim or 1% Milk
Egg Salad 6 Chicken Nuggets Whole Grain Roll Broccoli Apple Sauce Skim or 1% Milk	Turkey Sandwich 7 Meatball Sub Carrots Salad Banana Skim or 1% Milk	Ham Sandwich 8 Baked Ziti Meat Sauce or Marinara Spinach Apple Skim or 1% Milk	Mixed Sandwich 9 Tacos Rice and Beans Corn Pears Skim or 1% Milk	Tuna Sandwich 10 Pizza Sticks Toss Salad Green Beans Peaches Skim or 1% Milk
Egg Salad 13 Chicken Patty Wheat Bun Green Beans Peaches/Apple Sauce Skim or 1% Milk	Turkey Sandwich 14 Hamburger Whole Grain Roll Broccoli Pears Skim or 1% Milk	Ham Sandwich 15 French Toast Sticks Mixed Fruit Carrots Banana Skim or 1% Milk	Mixed Sandwich 16 Nachos Rice Beans Corn Apple Skim or 1% Milk	Tuna Sandwich 17 Pizza Chicken Topping Green Leafy Salad Green Beans/Pears Skim or 1% Milk
20 Presidents' Day	21 Winter	22 Recess	23 No	24 School!
Egg Salad 27 Popcorn Chicken Baked Fries Green Beans Peaches/Apples Skim or 1% Milk	Turkey Sandwich 28 Mc Cheese Broccoli Apples Pears Skim or 1% Milk			

Did you eat healthy today?

Grains: _____

Veggies: _____

Fruits: _____

Dairy: _____

Meat & Beans: _____

Active Play: _____

- Choices Available Daily**
- Assorted Salads
 - Sandwich of the Day
 - Yogurts
 - Assorted Fruit
 - Two Flavors of Skim and 1% White Milk

Student Lunch \$2.50
Menu Subject to change.

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

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,

