

RCS Middle and High School Lunch Menu - May 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg Salad Sandwich 1 Chicken Patty Roll Green Beans Peaches/Apples Skim or 1% Milk	Turkey Sandwich 2 Meatloaf Wheat Grain Rolls Fries, Carrots Fruit Salad Skim or 1% Milk	Ham Sandwich 3 Nachos w/ Rice and Beans Corn Apple Sauce Skim or 1% Milk	Mixed Sandwich 4 Pork Ribs BBQ Whole Grain Kaiser Rice and Beans Spinach Skim or 1% Milk	Tuna Salad Sandwich 5 Buffalo Chicken Pizza Green Leafy Salad Pears/Assorted Fruit Skim or 1% Milk
Egg Salad Sandwich 8 Baked Fried Chicken Roll Green Beans Pears/ Banana Skim or 1% Milk	Nachos w/ Rice and Beans Corn Apple Sauce Skim or 1% Milk	Ham Sandwich 10 Mac & Cheese Mixed Fruit Peaches Carrots Skim or 1% Milk	Mixed Sandwich 11 Chicken Wrap Fries Spinach Mixed Fruit Skim or 1% Milk	Egg Salad Sandwich 12 Pizza Sticks w/ Sauce Green Leafy Salad Cauliflower/Bananas Skim or 1% Milk
Egg Salad Sandwich 15 Chicken Parm on a roll Broccoli Apple Sauce Skim or 1% Milk	Turkey Sandwich 16 Tacos w/ Meat Rice and Beans Corn Pears/Bananas Skim or 1% Milk	Ham Sandwich 17 Cheese Burgers Whole Grain Roll Carrots, Fries Mixed Fruit Skim or 1% Milk	Mixed Sandwich 18 Roast Turkey Mashed Spinach Apple Sauce Skim or 1% Milk	Tuna Salad Sandwich 19 Pizza / Chicken Green Leafy Salad Green Beans/Pears Cut Oranges Skim or 1% Milk
Egg Salad Sandwich 22 Chicken Nuggets Baked Fries Spinach Mixed Fruit Skim or 1% Milk	Turkey Sandwich 23 Buffalo Chicken Wrap Carrots Pears, Bananas... Skim or 1% Milk	Ham Sandwich 24 Meatball Subs Broccoli Peaches Skim or 1% Milk	Genral Tso's 25 Rice Green Beans Mixed Fruit Skim or 1% Milk	Tuna Salad Sandwich 26 Pizza Sticks w/ Sauce Toss Salad Strawberries Skim or 1% Milk
29 Memorial Day (Observed)	Turkey Sandwich 30 Meatloaf Wheat Grain Rolls Fries, Carrots Fruit Salad Skim or 1% Milk	Ham Sandwich 31 Roast Turkey Mashed Potatoes Corn Pears, Apple 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
 Sandwich of the day
 Chix Peas
 PBJ w/Crackers & Cheese
 Yogurt and Assorted Fruit
 Three Flavors of Slim Milk and 1%

Student Lunch \$2.85
 Milk price .50
 Menu Subject to change.

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

