

2018/2019 September Elementary Menu

Breakfast in the Classroom

Monday

Tuesday

Wednesday

Thursday

Friday

3	4	5	6	7
	Chocolate Chip Muffin (44) Breaded Chicken (11) Garlic Breadstick (15) BBQ Sandwich (39) Roasted Potatoes (19) Cole Slaw (7)	Chicken Biscuit (32) Chicken Tenders (22) Country Style Steak (3) Brown Rice (48) PB&J Sandwich (32) Sweet Potato Tots (37) Seasoned Green Beans (4)	WG Cinnamon Bun (30) Pepperoni Pizza (30) Mini Cheese Ravioli (33) Garlic Toast (15) Buttered Corn (20) Roasted Squash & Zucchini (4)	Breakfast Pizza (21) Beef Nachos (41) Beef Rice Bowl (48) Cheese Quesadilla Sliders (32) Spring Mix (1) Salsa Cup (6) Cajun Pinto Beans (19)
10	11	12	13	14
Sausage Biscuit (27) Beef Teriyaki Bites (6) Sesame Popcorn Chicken (25) Brown Rice (48) Buttered Corn (20) Steamed Broccoli (4) Seasoned Black Beans (22)	Mini Powdered Donuts (41) Chicken Tenders (22) Dinner Roll (30) CrispyFish Fillet (16) PB&J Sandwich (32) Cole Slaw (7) Curly Fries (17) Carrot Cup (6)	Chicken Biscuit (32) Chicken Pie (24) Biscuit (27) Corn Dog Nuggets (30) Golden Mashed Potatoes (18) Seasoned Green Beans (4)	PB&J Sandwich (32) Cheese Pizza (30) Baked Spaghetti (26) Garlic Toast (15) Caesar Salad (5) Roasted Okra (6)	Cinnamon Crumble Cake (53) Cheese Stuffed Sticks (30) Marinara Sauce Cup (7) Hamburger (28) TaterTots (16) Caesar Salad (5)
17	18	19	20	21
Sausage Biscuit (27) Crispy Popcorn Chicken (13) Mac & Cheese Ham Bake (23) Garlic Breadstick (15) Curly Fries (17) Steamed Broccoli (4)	Chocolate Chip Muffin (44) Breaded Chicken (11) Garlic Breadstick (15) BBQ Sandwich (39) Roasted Potatoes (19) Cole Slaw (7)	Chicken Biscuit (32) Chicken Tenders (22) Mini Meat Loaf (13) Creamy Mac and Cheese (20) PB&J Sandwich (32) Sweet Potato Tots (37) Seasoned Green Beans (4)	WG Cinnamon Bun (30) Pepperoni Pizza (30) Mini Cheese Ravioli (33) Garlic Toast (15) Buttered Corn (20) Roasted Squash & Zucchini (4)	Breakfast Pizza (21) Beef Nachos (41) Beef Rice Bowl (48) Cheese Quesadilla Sliders (32) Spring Mix (1) Salsa Cup (6) Cajun Pinto Beans (19)
24	25	26	27	28
Sausage Biscuit (27) Chicken Tenders (22) Dinner Roll (30) PB&J Sandwich (32) Cole Slaw (7) Curly Fries (17) Carrot Cup (6)	Mini Powdered Donuts (41) Beef Teriyaki Bites (6) Teriyaki Popcorn Chicken (27) Brown Rice (48) Buttered Corn (20) Steamed Broccoli (4) Seasoned Black Beans (22)	Chicken Biscuit (32) Chicken Pie (24) Biscuit (27) Corn Dog Nuggets (30) Golden Mashed Potatoes (18) Seasoned Green Beans (4)	PB&J Sandwich (32) Cheese Pizza (30) Baked Spaghetti (26) Garlic Toast (15) Caesar Salad (5) Roasted Okra (6)	Cinnamon Crumble Cake (53) Cheese Stuffed Sticks (30) Marinara Sauce Cup (7) Hamburger (28) TaterTots (16) Caesar Salad (5)

School Breakfast Prices -
*UB Price - \$0.00, Regular Price - \$1.25

School Lunch Prices -
Elementary: \$2.30, Middle/High: \$2.45, Reduced: \$0.40

*For more information about Universal Breakfast (UB), go to the School Nutrition tab on the RCSS website. **Make Payments & View Your Students Account online! Just go to www.k12paymentcenter.com. **NEW FOR 2018!** You now have the option to complete a Free/Reduced meal application online by going to www.lunchapplication.com and following the instructions on the screen. Only one application is needed per household, either online **OR** paper application, but not both.

Offered Daily at Breakfast

Choice of Cinnamon Bun or French Toast Snacks (37), Strawberry and Vanilla Yogurt (16) w/ Grahams (19)/Dick & Jane Cookies (22), Applesauce Cup (14), 100% Fruit Juice, Choice of Milk

Offered Daily at Lunch

Choice of 1% or Skim Milk, Fresh or Chilled Fruit Option, Cold Bar Entree - Yogurt Parfait (39) w/ Granola (13) & Goldfish Crackers (14) (PB&J (32) offered on Chicken Tender days)

Carb Counts listed beside each menu item.