



DECEMBER

Early College High School Menu



Monday	Tuesday	Wednesday	Thursday	Friday	
RCSS School Nutrition Vegetable Soup Number of servings: 10 (1 cup) Ingredients: 1-28 oz can crushed tomatoes 6 ½ c water ¾ cup onion, chopped 1 ¼ lb (20 oz frozen mixed veggies) ¼ tsp black pepper ½ tsp. salt ½ lb ground beef, 85/15 (optional) ½ tsp garlic powder Directions: 1. Combine tomatoes, onions, pepper, garlic powder, and salt in a large pot over medium-high heat. 2. Add vegetables and water. Bring to a boil. Reduce heat and cover. Simmer for 30 minutes. 3. Optional: For Vegetable Beef Soup, first brown ½ lb ground beef and drain grease. Then continue with steps 1 and 2 above.					1 Pepperoni Pizza (33) Build Your Own Nachos or Rice Bowl: Classic Beef Nachos (1) w/ Tortilla Chips (38) Vegetarian Rice Bowl available upon request Salsa (6) Spring Mix Salad (1)
4 Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7) Build Your Own Asian Rice Bowl: <i>Chef's Choice Sauce</i> (20) over Popcorn Chicken (20) w/ Brown Rice (48) Oven Baked Potato Wedges (21)	5 Homestyle Chicken Fillet Sandwich (43) Sloppy Joe Sandwich (36) Oven Baked Tater Tots (16)	6 Chicken Tenders (15) w/ Mac 'N Cheese (20) Corn Dog Nuggets (30) Seasoned Green Beans (4)	7 Baked Spaghetti (35) w/ WG Garlic Breadstick (15) Garlic French Bread (32) w/ Marinara (7) Steamed Corn (20)	8 Crispy Popcorn Chicken (20) or Build Your Own Soup/Salad/Potato Bar: Cheesy Chicken Chili (27) both served w/ choice of Cornbread Muffin (36) or WG Corn Chips (40) Salsa (6) Caesar Salad (5) w/ Dressing	
11 Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7) Build Your Own Burger Bar: ¼ lb All Beef Hamburger (Pressed in-house) w/ Choice of: Lettuce, Tomato, Pickles, Diced Onions, Scratch-Made Cole Slaw (7) Oven Baked Potato Wedges (21)	12 Homestyle Chicken Fillet Sandwich (43) Toasted Cheese Sandwich (28) Vegetable Beef Soup (14)	13 Chicken Pie (27) w/ Biscuit (28) Corn Dog Nuggets (30) Red Bliss Mashed Potatoes (18)	14 Mini Cheese Ravioli (35) w/ WG Garlic Breadstick (15) Pepperoni Pizza (33) Baked Potato (43)	15 Pepperoni Pizza (33) Build Your Own Nachos or Rice Bowl: Classic Beef Nachos (1) w/ Tortilla Chips (38) Vegetarian Rice Bowl available upon request Salsa (6) Spring Mix Salad (1)	

Offered Daily at Lunch –

Confetti Salad (7), Applesauce Cups (14)/ Craisins (28), and Choice of 1% or Skim Milk

School Lunch Prices –

Middle/High: \$2.45, Reduced: \$0.40