

JUNE

Offered Daily at Breakfast – Assorted Fruit and Choice of Milk
Offered Daily at Lunch – Choice of 1% or Skim Milk, Fresh or Chilled Fruit option



USDA is an equal opportunity provider and employer.

Elementary Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | <p>Enjoy fresh Strawberries this month in your school cafeteria!</p> | <p>School Breakfast Prices *UB Price - \$0.00, Regular Price - \$1.25 School Lunch Prices – Elementary: \$2.20, Middle/High: \$2.35, Reduced: \$0.40</p> | <p>1 PB&J Sandwich (32) Cheese Pizza (33) Steamed Corn (17) Seasoned Green Beans (4)</p> | <p>2 Sausage Breakfast Pizza(21) Chicken Strips (13) w/ WG Biscuit (20) Oven Baked Home Fries (19) Cajun Pinto Beans (19)</p> |
| <p>5 Cinnamon Bun Snacks (37) BBQ Tray (3) w/ WG Biscuit (20) Oven Baked Tater Tots ¾ c (28)</p> | <p>6 Chocolate Muffin (32) Breaded Chicken (11) Seasoned Green Beans (6) ¾ c</p> | <p>7 Cinnamon Bun Snacks (37) Mozzarella Cheese Stuffed Sticks (30) w/ Marinara Cup (8) Oven Baked Sweet Potato Tots (24)</p> | <p>8 Banana Bread Slice (43) Corn Dog Nuggets (31) Cajun Pinto Beans (19) Steamed Broccoli (3)</p> | <p>9 PB&J Sandwich (32) Pepperoni Pizza (33) Steamed Corn ¾ c (26)</p> |
| <p>12 Teacher Workday</p> | <p>13 Teacher Workday</p> | | | |

Please Note: Ingredients and menu items are subject to change without notice. Carbohydrate counts of all menu items are listed beside each item

*For more information about Universal Breakfast (UB), go to the School Nutrition tab on the RCSS website.

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Sparkling Strawberry Lemonade Recipe

Ingredients:

- ¾ cup sugar
- ¾ cup water
- 16-ounce container fresh strawberries, cleaned and hulled
- ¾ cup fresh lemon juice (about 10 large lemons)
- 3 cups naturally-flavored strawberry sparkling water*

Directions:

1. Combine sugar and water in a medium saucepan. Bring to a boil over medium heat, stirring until sugar dissolves. Remove from heat and cool completely, about 30 min.
 2. Combine strawberries and half of cooled sugar mixture in a blender. Cover and process until very smooth, about 1-2 min. Transfer to a 2-quart pitcher.
 3. Stir in remaining sugar mixture and lemon juice. Add sparkling water just before serving.
- *Club soda or plain sparkling water may be substituted for strawberry-flavored sparkling water

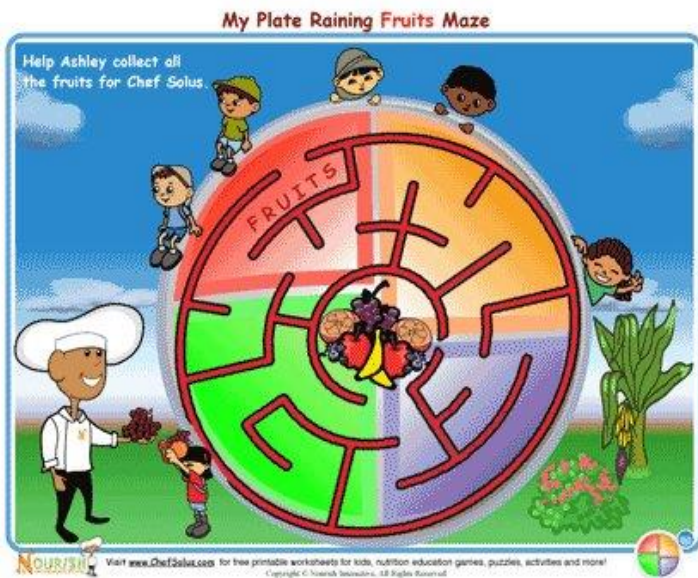


Jessica Cox, RD

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Signifies scratch-made item

Signifies items made w/ fresh produce



RCSS School Nutrition makes every effort to identify and label ingredients and/or recipes that may cause allergic reactions. We make every attempt to instruct our staff on the severity of food allergies in relation to food production; however, there is always a risk of contamination. It is also possible that manufacturers of the commercial foods we purchase could change the ingredient formulation at any time without notice. Customers concerned with food allergies/special diets need to be aware of this risk. If any person has questions or concerns about allergens in relation to Randolph County Schools School Nutrition Menus please contact Jayme Robertson, MS, RDN, LDN (336)318-6132.