



DECEMBER

High School Menu



School Breakfast Price –
 *UB Price - \$0.00,
 Regular Price - \$1.25
School Lunch Prices –
 Elementary: \$2.30,
 Middle/High: \$2.45,
 Reduced: \$0.40

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.				
Sausage Biscuit (28) 4 Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7) Build Your Own Asian Rice Bowl: Chef's Choice Sauce (20) over Popcorn Chicken (20) w/ Brown Rice (48) Steamed Broccoli (3) Oven Baked Potato Wedges (21) Chilled Mixed Fruit (15)	Dunkin Stix (28) 5 Homestyle Chicken Fillet Sandwich (43) Sloppy Joe Sandwich (36) Oven Baked Tater Tots (19) Cole Slaw (7) Baked Apples (30)	Chicken Biscuit (33) 6 Chicken Tenders (15) w/ Mac 'N Cheese (20) Corn Dog Nuggets (30) Roasted Potatoes (19) Seasoned Green Beans (4) Chilled Peaches (14)	PB&J Sandwich (32) 7 Garlic French Bread (30) w/ Marinara Cup (8) Baked Spaghetti (35) w/ WG Garlic Breadstick (15) Steamed Corn (20) Roasted Okra (6) Chilled Applesauce (15)	Hawaiian Ham & Cheese (28) 1 Pepperoni Pizza (33) Build Your Own Nachos or Rice Bowl: Classic Beef (1) or Buffalo Chicken (1) w Choice of Tortilla Chips (38) or Brown Rice (48) Spring Mix Salad (1) Salsa (6), Cajun Pinto Beans (19) Chilled Pears (15)
Sausage Biscuit (28) 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 Onion, and/or Chili (1) Oven Baked Potato Wedges (21) NC Cole Slaw (7) Fresh NC Apple Slices (10)	Glazed Donut (51) 12 Homestyle Chicken Fillet Sandwich (43) Toasted Cheese Sandwich (28) Vegetable Beef Soup (14) Caesar Salad (5) w/ Dressing Baked Apples (30)	Chicken Biscuit (33) 13 Chicken Pie (27) w/ Biscuit (28) Corn Dog Nuggets (30) Red Bliss Mashed Potatoes (18) Seasoned Green Beans (4) Chilled Peaches (14)	Banana Bread Slice (47) 14 Pepperoni Pizza (33) Mini Cheese Ravioli (35) w/ WG Garlic Breadstick (15) Caesar Salad (5) w/ Dressing Baked Potato (43) Chilled Applesauce (15)	Hawaiian Ham & Cheese (28) 15 Pepperoni Pizza (33) Build Your Own Nachos or Rice Bowl: Classic Beef (1) or Buffalo Chicken (1) w Choice of Tortilla Chips (38) or Brown Rice (48) Spring Mix Salad (1) Salsa (6), Cajun Pinto Beans (19) Chilled Pears (15)
Sausage Biscuit (28) 18 Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7) Build Your Own Asian Rice Bowl: Chef's Choice Sauce (20) over Popcorn Chicken (20) w/ Brown Rice (48) Steamed Broccoli (3) Oven Baked Sweet Potato Tots (24) Chilled Mixed Fruit (15)	Dunkin Stix (28) 19 Homestyle Chicken Fillet Sandwich (43) BBQ Sandwich (30) Oven Baked Tater Tots (19) Cole Slaw (7) Baked Apples (30)	Manager's Choice Breakfast 20 2 Hour Early Release! Pepperoni Pizza (33) Cajun Pinto Beans (19) Steamed Corn (20) Chilled Applesauce (15)	Holiday 21 	

Signifies items made w/ fresh produce

Signifies entrees made from scratch using fresh ingredients

Hot breakfast available daily – Grab 'N Go options also available (see below for details)

Offered Daily at Breakfast – Choice of WG Strawberry or Brown Sugar Cinnamon Poptart or Self-Serve Yogurt Parfait w/ Assorted Fruit, 100% Fruit Juice, and Choice of Milk.

Offered Daily at Lunch – Choice of 1% or Skim Milk, **Daily Manager's Choice Entrée;**

Daily Build Your Own Salad Bar: Fresh Artisan Blend Spring Mix, Diced Ham, Shredded Cheese, Confetti Salad, Croutons, & Chilled Fruit Option

Daily Cold Bar Entrees: M/W/F – Tuna Salad w/ breadstick and/or crackers; T/Th – Chef Salad w/ breadstick and/or crackers

*For more information on 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

This institution is an equal opportunity provider.