

# OCTOBER High School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Sausage Biscuit</i> (28) <b>2</b></p> <p>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)</p> <p><b>Build Your Own Burger Bar</b> </p> <p>¼ lb All Beef Hamburger (Pressed in-house) w/ choice of Lettuce, Tomato, Pickles, Diced Onion, and/or Chili (1)</p> <p>Oven Baked Potato Wedges (21)</p> <p>Cole Slaw (7) </p> <p>NC Apple (10) </p>	<p><i>Dutch Waffle</i> (43) <b>3</b></p> <p>Homestyle Chicken Fillet Sandwich (43)</p> <p>Mac 'N Cheese Ham </p> <p>Bake (23) w/ WG Garlic Breadstick (15)</p> <p>Fresh Sweet Potato (28) </p> <p>Caesar Salad (5) w/ Dressing </p> <p>Craisins (28)</p>	<p><i>Chicken Biscuit</i> (33) <b>4</b></p> <p>Chicken Pie (27)  w/ Biscuit (28)</p> <p>Corn Dog Nuggets (30)</p> <p>Red Bliss Mashed Potatoes (18) </p> <p>Seasoned Green Beans (4)</p> <p>Chilled Peaches (14)</p>	<p><i>Cinnamon Bun</i> (30) <b>5</b></p> <p>Mini Cheese Ravioli (35)  w/ WG Garlic Breadstick (15)</p> <p>Pepperoni Pizza (33)</p> <p>Roasted Squash &amp; Zucchini (4) </p> <p>Baked Potato </p> <p>Chilled Applesauce (15)</p>	<p><i>Hawaiian Ham &amp; Cheese</i>(27) <b>6</b></p> <p>Pepperoni Pizza (33)</p> <p><b>Build Your Own Nachos or Rice</b> </p> <p><b>Bowl:</b> Classic Beef (1) or Buffalo Chicken (1) w/ Choice of Tortilla Chips (38) or Brown Rice (48)</p> <p>Cajun Pintos(19), Steamed Corn (20), Salsa (6), Spring Mix Salad(1) </p> <p>Chilled Pears (15)</p>
<p><i>Sausage Biscuit</i> (28) <b>9</b></p> <p>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)</p> <p><b>Build Your Own Asian Rice Bowl:</b> <i>Chef's Choice Sauce</i> (20) over Popcorn Chicken (20) w/ Brown Rice (48)</p> <p>Roasted Peppers &amp; Onions (6)</p> <p>Oven Baked Potato Wedges (21)</p> <p>Chilled Mixed Fruit (15)</p>	<p><i>Chocolate Muffin</i> (26) <b>10</b></p> <p>Homestyle Chicken Fillet Sandwich (43)</p> <p><b>NEW</b> Tuna Melt </p> <p>Oven Baked Tater Tots (16)</p> <p>Cole Slaw (7) </p> <p>Craisins (28)</p>	<p><i>Chicken Biscuit</i> (33) <b>11</b></p> <p>Chicken Tenders (15) w/ Mac 'N Cheese (20) </p> <p>Corn Dog Nuggets (30)</p> <p>Roasted Potatoes (19)</p> <p>Seasoned Green Beans (4)</p> <p>Chilled Peaches (14)</p>	<p><i>PB&amp;J Sandwich</i> (32) <b>12</b></p> <p>Baked Spaghetti (35)  w/ WG Garlic Breadstick (15)</p> <p>Garlic French Bread (32)  w/ Marinara (7)</p> <p>Roasted Okra (6)</p> <p>Baked Potato (43) </p> <p>Chilled Applesauce (15)</p>	<p><i>Sausage Breakfast Pizza</i> (21) <b>13</b></p> <p>Crispy Popcorn Chicken (20) or <b>Build Your Own Baked Potato Bar:</b> Baked Potato (43) w/ Diced Ham &amp; Cheese (1) and/or Chili both w/ Choice of Cornbread Muffin (36) or Brown Rice (48)</p> <p>Caesar Salad (5) w/ Dressing </p> <p>Steamed Corn (20)</p> <p>Fresh Pear (26) </p>
<p><i>Sausage Biscuit</i> (28) <b>16</b></p> <p>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)</p> <p><b>Build Your Own Burger Bar</b> </p> <p>¼ lb All Beef Hamburger (Pressed in-house) w/ choice of Lettuce, Tomato, Pickles, Diced Onion, and/or Chili (1)</p> <p>Oven Baked Potato Wedges (21)</p> <p>Cole Slaw (7) </p> <p>NC Apple (10) </p>	<p><i>Dutch Waffle</i> (43) <b>17</b></p> <p>Homestyle Chicken Fillet Sandwich (43)</p> <p>Mac 'N Cheese Ham </p> <p>Bake (23) w/ WG Garlic Breadstick (15)</p> <p>Baked Potato (43) </p> <p>Caesar Salad (5) w/ Dressing </p> <p>Craisins (28)</p>	<p><i>Chicken Biscuit</i> (33) <b>18</b></p> <p>Chicken Pie (27)  w/ Biscuit (28)</p> <p>Corn Dog Nuggets (30)</p> <p>Red Bliss Mashed Potatoes (18) </p> <p>Seasoned Green Beans (4)</p> <p>Chilled Peaches (14)</p>	<p><i>Cinnamon Bun</i> (30) <b>19</b></p> <p>Mini Cheese Ravioli (35)  w/ WG Garlic Breadstick (15)</p> <p>Pepperoni Pizza (33)</p> <p>Roasted Squash &amp; Zucchini (4) </p> <p>Baked Potato </p> <p>Chilled Applesauce (15)</p>	<p><i>Hawaiian Ham &amp; Cheese</i>(27) <b>20</b></p> <p>Pepperoni Pizza (33)</p> <p><b>Build Your Own Nachos or Rice</b> </p> <p><b>Bowl:</b> Classic Beef (1) or Buffalo Chicken (1) w/ Choice of Tortilla Chips (38) or Brown Rice (48)</p> <p>Cajun Pintos(19), Steamed Corn (20), Salsa (6), Spring Mix Salad(1) </p> <p>Chilled Pears (15)</p>
<p><i>Sausage Biscuit</i> (28) <b>23</b></p> <p>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)</p> <p><b>Build Your Own Asian Rice Bowl:</b> <i>Chef's Choice Sauce</i> (20) over Popcorn Chicken (20) w/ Brown Rice (48)</p> <p>Steamed Broccoli (3)</p> <p>Oven Baked Potato Wedges (21)</p> <p>Chilled Mixed Fruit (15)</p>	<p><i>Chocolate Muffin</i> (26) <b>24</b></p> <p>Homestyle Chicken Fillet Sandwich (43)</p> <p>BBQ Sandwich (30)</p> <p>Oven Baked Tater Tots (16)</p> <p>Cole Slaw (7) </p> <p>Craisins (20)</p>	<p><i>Chicken Biscuit</i> (33) <b>25</b></p> <p>Chicken Tenders (15) w/ Mac 'N Cheese (20) </p> <p>Corn Dog Nuggets (30)</p> <p>Roasted Potatoes (19)</p> <p>Seasoned Green Beans (4)</p> <p>Chilled Peaches (14)</p>	<p><i>PB&amp;J Sandwich</i> (32) <b>26</b></p> <p>Baked Spaghetti (35)  w/ WG Garlic Breadstick (15)</p> <p>Garlic French Bread (32)  w/ Marinara (7)</p> <p>Roasted Okra (6)</p> <p>Baked Potato (43) </p> <p>Chilled Applesauce (15)</p>	<p><i>Sausage Breakfast Pizza</i> (21) <b>27</b></p> <p>Crispy Popcorn Chicken (20) or <b>Build Your Own Baked Potato Bar:</b> Baked Potato (43) w/ Diced Ham &amp; Cheese (1) and/or Chili both w/ Choice of Cornbread Muffin (36) or Brown Rice (48)</p> <p>Caesar Salad (5) w/ Dressing </p> <p>Steamed Corn (20)</p> <p>NC Apple (10) </p>
<p><i>Sausage Biscuit</i> (28) <b>30</b></p> <p>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)</p> <p><b>Build Your Own Burger Bar</b> </p> <p>¼ lb All Beef Hamburger (Pressed in-house) w/ choice of Lettuce, Tomato, Pickles, Diced Onion, and/or Chili (1)</p> <p>Oven Baked Wedges (21)</p> <p>Cole Slaw (7) </p> <p>Chilled Mixed Fruit (15)</p>	<p><i>Dutch Waffle</i> (43) <b>31</b></p> <p>Homestyle Chicken Fillet Sandwich (43)</p> <p>Mac 'N Cheese Ham </p> <p>Bake (23) w/ WG Garlic Breadstick (15)</p> <p>Baked Potato (43) </p> <p>Caesar Salad (5) w/ Dressing </p> <p>Craisins (28)</p>	<p></p>	<p> Signifies entrees made from scratch using fresh ingredients</p> <p> Signifies items made w/ fresh produce</p>	<p>This institution is an equal opportunity provider.</p> <p><b>School Breakfast Prices</b></p> <p>*UB Price - \$0.00, Regular Price - \$1.25</p> <p><b>School Lunch Prices</b> – Elementary: \$2.30, Middle/High: \$2.45, Reduced: \$0.40</p>

Hot breakfast available daily – Grab and Go Options also available (see below for details)

Offered Daily at Breakfast – Choice of WG Strawberry or Brown Sugar Cinnamon Pop Tart, or Self-Serve Yogurt Parfait – all offered w/ Assorted Fruit Choices, 100% Juice, & Choice of 1% Milk or Skim Milk

Offered Daily at Lunch – 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 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](http://www.k12paymentcenter.com)