



# APRIL

## Middle School Menu

**Offered Daily at Breakfast** – Choice of Strawberry, Brown Sugar Cinnamon, or Chocolate Fudge Poptart, Yogurt w/ Grahams, 100% Fruit Juice, Assorted Fruit, Choice of Milk.

**Offered Daily at Lunch** – Choice of 1% or Skim Milk; Cold Bar Entrées M/W – Tuna Salad w/ breadstick and/or crackers; T/Th – Chef Salad w/ breadstick and/or crackers; F – PBJ Sandwich

*This institution is an equal opportunity provider.*

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|      |  |  |   |   |
| <b>9 Sausage Biscuit (28)</b><br>100% All Beef Cheeseburger (28)<br>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)<br>Oven Baked Tater Tots (19)<br>Seasoned Green Beans (4)<br>Baked Apples (30)  | <b>10 WG Dutch Waffle (43)</b><br>Homestyle Chicken Fillet Sandwich (42)<br>Mac 'N Cheese Ham Bake (23) w/ WG Garlic Breadstick (15)<br>Oven Baked Potato Wedges (21)<br>Steamed Broccoli (3)<br>Chilled Mixed Fruit (15)  | <b>11 Chicken Biscuit (33)</b><br>Chicken Tenders (15) or Country Style Steak (3) both served w/ Brown Rice (48)<br>Baked Sweet Potato Tots (24)<br>Seasoned Green Beans (4)<br>Chilled Peaches (14) | <b>12 Cinnamon Bun (30)</b><br>Pepperoni Pizza (33)<br>Mini Cheese Ravioli (35) w/ WG Garlic Breadstick (15)<br>Steamed Corn (20)<br>Roasted Okra (6)<br>Strawberry Cup (22)                      | <b>13 Hawaiian Ham &amp; Cheese (28)</b><br>Classic Beef Nachos (39) or Rice Bowl (48)<br>Cheese Quesadilla Sliders (33)<br>Spring Mix Salad (1)<br>Salsa (6), Cajun Pintos (19), Fresh Kiwi (10)               |
| <b>16 Sausage Biscuit (28)</b><br>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)<br>Sweet Chili Popcorn Chicken (41) w/ Brown Rice (48)<br>Steamed Broccoli (3)<br>Baked Sweet Potato Tots (24)<br>Chilled Mixed Fruit (15)  | <b>17 WG Glazed Donut (51)</b><br>Hot Dog (27) w/ Chili (2)<br>Sloppy Joe Sandwich (36) Both served w/ Rice Krispy Treat<br>Oven Baked Potato Wedges (21)<br>Cole Slaw (7)<br>Baked Apples (30)  | <b>18 Chicken Biscuit (33)</b><br>Chicken Pie (27) w/ Biscuit (28)<br>Corn Dog Nuggets (31)<br>Red Bliss Mashed Potatoes (18)<br>Seasoned Green Beans (4)<br>Chilled Peaches (14)                    | <b>19 PB&amp;J Sandwich (32)</b><br>Garlic French Bread (32) w/ Marinara (7)<br>Baked Spaghetti (35) w/ WG Garlic Breadstick (15)<br>Steamed Corn (20)<br>Roasted Okra (6)<br>Strawberry Cup (22) | <b>20 Sausage Breakfast Pizza (21)</b><br>Chicken Tenders (15) w/ Biscuit (28)<br>Sausage Biscuit (28)<br>Roasted Potatoes (19)<br>Cajun Pinto Beans (19)<br>Caesar Salad (7) w/ Dressing<br>Chilled Pears (15) |
| <b>23 Sausage Biscuit (28)</b><br>Homestyle Chicken Fillet Sandwich (42)<br>Loaded Baked Potato (44) w/ WG Garlic Breadstick (15)<br>Steamed Broccoli (3)<br>Caesar Salad (7) w/ Dressing<br>Chilled Mixed Fruit (15)   | <b>24 WG Dutch Waffle (43)</b><br>100% All Beef Cheeseburger (28)<br>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)<br>Oven Baked Tater Tots (19)<br>Cole Slaw (7)<br>Baked Apples (30)   | <b>25 Chicken Biscuit (33)</b><br>Chicken Tenders (15) or Meatloaf (16) both served w/ Mac 'N Cheese (20)<br>Baked Sweet Potato Tots (24)<br>Seasoned Green Beans (4)<br>Chilled Peaches (14)        | <b>26 Cinnamon Bun (30)</b><br>Pepperoni Pizza (33)<br>Mini Cheese Ravioli (35) w/ WG Garlic Breadstick (15)<br>Steamed Corn (20)<br>Roasted Squash & Zucchini (4)<br>Strawberry Cup (22)         | <b>27 Hawaiian Ham &amp; Cheese (28)</b><br>Classic Beef Nachos (39) or Rice Bowl (48)<br>Cheese Quesadilla Sliders (33)<br>Spring Mix Salad (1)<br>Salsa (6), Cajun Pintos (19)<br>Fresh Strawberries (6)      |
| <b>30 Sausage Biscuit (28)</b><br>Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7)<br>Sesame Popcorn Chicken (37) w/ Brown Rice (48)<br>Steamed Broccoli (3)<br>Baked Sweet Potato Tots (24)<br>Fuji Apple (10)  | <b>School Breakfast Price –</b><br>*UB Price - \$0.00, Regular Price - \$1.25<br><b>School Lunch Prices –</b> Elementary: \$2.30, Middle/High: \$2.45, Reduced: \$0.40<br> Signifies scratch-made item<br> Signifies items made w/ fresh produce |  |   |   |

### Recipe of the Month

#### Cole Slaw

**Serves: 6 (1/2 cup servings)**

#### Ingredients:

12 oz Raw Cabbage      1/3 cup Mayo  
 2 tbsp granulated sugar      1/2 tsp salt  
 1 1/2 tsp apple cider vinegar      1/8 tsp pepper

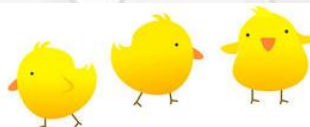
#### Directions:

1. Thoroughly wash cabbage.
2. Cut into quarters and remove core, then chop cabbage.
3. Mix mayo, sugar, vinegar, salt, and pepper in a mixing bowl. Add to chopped cabbage and mix well.
4. Chill prior to serving.

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



**Birthday Celebrations** – Students will enjoy a Rice Krispy Treat with selection of a complete meal



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.