



DECEMBER



Middle 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.					Hawaiian Ham & Cheese Melt (28) 1 Classic Beef Nachos (39) or Rice Bowl (48) Cheesy Chicken Chili (17) w/ WG Tortilla Chips (38) Spring Mix Salad (1) Salsa (6), Cajun Pinto Beans (19) Chilled Pears (15)
Sausage Biscuit (28) 4 Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (7) Sweet Chili Popcorn Chicken (41) w/ Brown Rice (48) Steamed Broccoli (3) Glazed Carrots (13) Chilled Mixed Fruit (15)	Dunkin Stix (28) 5 Hot Dog (27) w/ Chili (2) Sloppy Joe Sandwich (36) Oven Baked Potato Wedges (21) Cole Slaw (7) Baked Apples (30)	Chicken Biscuit (33) 6 Chicken Pie (27) w/ Biscuit (28) Corn Dog Nuggets (30) Red Bliss Mashed Potatoes (18) 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)	Sausage Breakfast Pizza (21) 8 Chicken Tenders (15) w/ Biscuit (28) Sausage Biscuit (28) Roasted Potatoes (19) Cajun Pinto Beans (19) Caesar Salad (5) w/ Dressing Fresh Starfruit (9)	
Sausage Biscuit (28) 11 Homestyle Chicken Fillet Sandwich (42) Toasted Cheese Sandwich (28) Vegetable Beef Soup (14) Caesar Salad (5) w/ Dressing Fresh NC Apple Slices (10)	Glazed Donut (51) 12 100% All Beef Cheeseburger (28) BBQ Sandwich (30) Oven Baked Tater Tots (19) NC Cole Slaw (7) Baked Apples (30)	Chicken Biscuit (33) 13 Chicken Tenders (15) or Meatloaf (16) both served w/ Mac 'N Cheese (20) Oven Baked Sweet Potato Tots (24) Seasoned Green Beans (4) Chilled Peaches (14)	Banana Bread Slice (47) 14 Pepperoni Pizza (33) Mini Cheese Ravioli (35) w/ WG Garlic Breadstick (15) Steamed Corn (20) Roasted Okra (6) Chilled Applesauce (15)	Hawaiian Ham & Cheese Melt (28) 15 Walking Nachos (21) or Rice Bowl (48) Cheesy Chicken Chili (17) w/ WG Corn Chips (40) 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) Sesame Popcorn Chicken (37) w/ Brown Rice (48) Steamed Broccoli (3) Oven Baked Sweet Potato Tots (24) Chilled Mixed Fruit (15)	Dunkin Stix (28) 19 Hot Dog (27) w/ Chili (2) Crispy Fish Fillet Sandwich (43) both served w/ Rice Krispy Treat (31) Oven Baked Potato Wedges (21) Cole Slaw (7) Baked Apples (30)	Manager's Choice Breakfast 20 2 Hour Early Release! Pepperoni Pizza (33) Steamed Corn (20) Cajun Pinto Beans (19) Chilled Applesauce (15)	21 Holiday 	22 Holiday	

Signifies items made w/ fresh produce

Signifies entrees made from scratch using fresh ingredients

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

School Breakfast Price –

*UB Price - \$0.00, Regular Price - \$1.25

School Lunch Prices – Elementary: \$2.30,

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

Offered Daily at Breakfast – Choice of Strawberry or Brown Sugar Cinnamon Poptart, Yogurt Parfait, 100% Fruit Juice, Assorted Fruit, Choice of Milk.

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

*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

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.

This institution is an equal opportunity provider.
Revised 11/21/17