











































# February Middle School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Enjoy fresh NC Apples and Sweet Potatoes this month in your school cafeteria! 	<i>Chicken Biscuit (30)</i> <b>1</b> Chicken Pie (27) w/  Biscuit (23) Corn Dog Nuggets (31) Red Bliss Mashed Potatoes (18)  Seasoned Green Beans (4)	<i>PB&amp;J Sandwich (32)</i> <b>2</b> Cheese Pizza (33)  Baked Spaghetti (35) w/ WG Garlic Breadstick (17) Steamed Corn (17) Roasted Okra (6)	<i>Sausage Breakfast Pizza (21)</i> <b>3</b> Chicken Strips (13) w/ Biscuit (23) Sausage Biscuit (23) Oven Baked Home Fries (19) Cajun Pinto Beans (19) Caesar Salad (7) 
<i>Sausage Biscuit (23)</i> <b>6</b> 100% All Beef Cheeseburger (28) BBQ Sandwich (30) Oven Baked Tater Tots (19) Cole Slaw (7)  Steamed Corn (17)	<i>French Toast Snacks (37)</i> <b>7</b> Homestyle Chicken Fillet Sandwich (45) Toasted Cheese Sandwich (28)  Vegetable Beef Soup (14)  Caesar Salad (7) 	<i>Chicken Biscuit (30)</i> <b>8</b> Breaded Chicken (11) w/ Original Mac 'N Cheese (20)  Meatloaf (8) w/ Original Mac 'N Cheese (20)  Oven Baked Sweet Potato Tots (24) Seasoned Green Beans (4)	<i>Banana Bread Slice (43)</i> <b>9</b> Pepperoni Pizza (33)  Mini Cheese Ravioli (36) w/ WG Garlic Breadstick (17) Steamed Corn (17) Steamed Kale (10) 	<i>Hawaiian Ham &amp; Cheese (28)</i> <b>10</b> Classic Beef Nachos (35)  or Rice Bowl (48) Cheese Quesadilla Sliders (32)  Mixed Greens (3)  Salsa (6) Cajun Pinto Beans (19)
<i>Sausage Biscuit (23)</i> <b>13</b> Chili Dog (30) Sloppy Joe Sandwich (36) Steamed Corn (17) Cole Slaw (7) 	<i>Chocolate Muffin (32) w/ String Cheese</i> <b>14</b> Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (8) Sesame Glazed Popcorn Chicken (33) w/ Brown Rice (48) Steamed Broccoli (3) Glazed Carrots (13) 	<i>Chicken Biscuit (30)</i> <b>15</b> Chicken Pie (27) w/  Biscuit (23) Corn Dog Nuggets (31) Red Bliss Mashed Potatoes (18)  Seasoned Green Beans (4)	<i>PB&amp;J Sandwich (32)</i> <b>16</b> Cheese Pizza (33)  Baked Spaghetti (35) w/ WG Garlic Breadstick (17) Steamed Corn (17) Roasted Okra (6)	<i>Sausage Breakfast Pizza (21)</i> <b>17</b> Chicken Strips (13) w/ WG Garlic Breadstick (17) Taco Soup (34) w/ WG Tortilla Chips (34)  Oven Baked Home Fries (19) Cajun Pinto Beans (19) Caesar Salad (7) 
<i>Sausage Biscuit (23)</i> <b>20</b> 100% All Beef Cheeseburger (28) BBQ Sandwich (30) Oven Baked Tater Tots (19) Cole Slaw (7)  Steamed Corn (17)	<i>Cinnamon Bun Snacks (37)</i> <b>21</b> Homestyle Chicken Fillet Sandwich (45)  Loaded Baked Potato (46)  Both offered w/ WG Rice Krispy Treat (30)  Broccoli & Cheese Soup (11)  Caesar Salad (7) 	<i>Chicken Biscuit (30)</i> <b>22</b> Breaded Chicken (11) w/ Brown Rice (48) Country Style Steak (5) w/ Brown Rice (48)  Oven Baked Sweet Potato Tots (24) Seasoned Green Beans (4)	<i>Banana Bread Slice (43)</i> <b>23</b> Pepperoni Pizza (33)  Mini Cheese Ravioli (36) w/ WG Garlic Breadstick (17) Steamed Corn (17) Steamed Kale (10) 	<i>Hawaiian Ham &amp; Cheese (28)</i> <b>24</b> Classic Beef Nachos (35)  or Rice Bowl (48) Cheese Quesadilla Sliders (32)  Mixed Greens (3)  Salsa (6) Cajun Pinto Beans (19)
<i>Sausage Biscuit (23)</i> <b>27</b> Chili Dog (30) Sloppy Joe Sandwich (36) Steamed Corn (17) Cole Slaw (7) 	<i>Chocolate Muffin (32) w/ String Cheese</i> <b>28</b> Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (8) Teriyaki Glazed Popcorn Chicken (30) w/ Brown Rice (48) Steamed Broccoli (3) Fresh NC Sweet Potato (28) 	 Signifies scratch-made item  Signifies items made w/ fresh produce	<b>School Breakfast Prices</b> *UB Price - \$0.00, Regular Price - \$1.25 <b>School Lunch Prices</b> – Elementary: \$2.20, Middle/High: \$2.35, Reduced: \$0.40	



**Offered Daily at Breakfast** – Choice of Strawberry or Brown Sugar Cinnamon Pop tart or WG Dunkin Stix w/ Mozzarella String Cheese, Yogurt w/ Grahams, 100% Fruit Juice, Assorted Fruit, and Choice of Milk

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

**Birthday Celebrations** – Students will enjoy a Rice Krispy Treat with selection of a complete meal – Just look for the balloons!

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.  
 \*\*Make Payments & View Your Students Account online! Just go to [www.k12paymentcenter.com](http://www.k12paymentcenter.com)

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