

**MENUS FOR
AUGUST
2017**
RCHS
This institution is an equal

schoolcafe

Schoolcafe.com will be used again this year as a safe & secure way for parents to make online payments to your student's account. Please call 775-7814 to obtain your child's student ID number.

Wednesday, August 2

Half Day
Freshman
Orientation
8:00- 11:30 A.M.

Thursday, August 3

No School Today



*Professional Day
for Our Teachers*

Friday, August 4

Pizza
Corn
Green Beans
Fruit Cup
Fruit Juice
Choice of Milk

Monday, August 7

Chicken Fajita
Refried Beans
Corn
Salsa
Fruit Cup
Fruit Juice
Choice of Milk

Tuesday, August 8

Chicken Alfredo
Roasted Potatoes
Steamed Broccoli
Roll
Fresh Fruit
Fruit Juice
Choice of Milk

Wednesday, August 9

Chicken Nuggets
Mashed Potatoes
Kraut & Weiners
Sweet Potato Puffs
Roll
Fruit Cup
Fruit Juice
Choice of Milk

Thursday, August 10

Teriyaki Chicken Dippers
Mashed Potatoes
Peas & Carrots
Roll
Fresh Fruit
Fruit Cup
Choice of Milk

Friday, August 11

Pizza
Corn
Carrot Pick-Ups
Fruit Cup
Fruit Juice
Choice of Milk

Monday, August 14

Quesadilla
Refried Beans
Corn
Salsa
Fruit Cup
Fruit Juice
Choice of Milk

Tuesday, August 15

Mini Corn Dogs
Roasted Potatoes
Steamed Broccoli
Baked Beans
Fresh Fruit
Fruit Juice
Choice of Milk

Wednesday, August 16

Turkey & Gravy
Mashed Potatoes
Green Beans
Sweet Potato Puffs
Roll
Fruit Cup
Fruit Juice
Choice of Milk

Thursday, August 17

BBQ Chicken Dippers
Mashed Potatoes
Slaw
Roll
Fresh Fruit
Fruit Cup
Choice of Milk

Friday, August 18

BBQ Rib Sandwich
Seasoned Potatoes
Sweet Potato Puffs
Fruit Cup
Fruit Juice
Choice of Milk

Monday, August 21

Taco
Refried Beans
Salsa
Corn
Fruit Cup
Fruit Juice
Choice of Milk

Tuesday, August 22

Popcorn Chicken
Scalloped Potatoes
Steamed Broccoli
Roll
Fresh Fruit
Fruit Juice
Choice of Milk

Wednesday, August 23

Chicken Nuggets
Mashed Potatoes
Cooked Cabbage
Sweet Potato Puffs
Roll
Fruit Cup
Fruit Juice
Choice of Milk

Thursday, August 24

Salisbury Steak
Mashed Potatoes
Pinto Beans
Roll
Fresh Fruit
Fruit Juice
Choice of Milk

Friday, August 25

Pizza
Carrot Pickups
Green Beans
Fruit Cup
Fruit Juice
Choice of Milk

Monday, August 28

Quesadilla
Corn
Refried Beans
Salsa
Fruit Cup
Fruit Juice
Choice of Milk

Tuesday, August 29

Chicken Tenders
Mashed Potatoes
Turnip Greens
Roll
Fresh Fruit
Fruit Juice
Choice of Milk

Wednesday, August 30

Pot Roast
Mashed Potatoes
Green Beans
Roll
Fruit Cup
Fruit Juice
Choice of Milk

Thursday, August 31

Hot Dogs
Chili
Seasoned Potatoes
Carrot Pick-ups
Slaw
Fresh Fruit
Fruit Juice
Choice of Milk

Friday, September 1

Spaghetti
Green Beans
Carrot Pickups
Roll
Fruit Cup
Fruit Juice
Choice of Milk