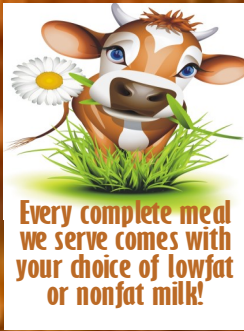


RCHS

This institution is an equal opportunity provider. Menus are subject to change.



Every complete meal we serve comes with your choice of lowfat or nonfat milk!

TRAIT of the Month

Being accountable in word and deed. Having a sense of duty to fulfill tasks with reliability, dependability, and commitment.



Monday, October 1 Quesadilla Refried Beans Corn Salsa Fruit Cup Fruit Juice	Tuesday, October 2 Popcorn Chicken Mashed Potatoes Steamed Broccoli Roll Fresh Fruit Fruit Juice	Wednesday, October 3 Chicken Nuggets Mashed Potatoes Kraut & Wieners Sweet Potato Puffs Roll Fruit Cup Fruit Juice	Thursday, October 4 BBQ Chicken Mashed Potatoes Sweet Potato Puffs Green Beans Roll Fruit Cup Fruit Juice	Friday, October 5 BBQ Rib Sandwich Tater Tots Cucumber Pickups Fruit Cups Fruit Juice
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Monday, October 8 Pizza Corn Carrot Pickups Green Beans Fruit Cup Fruit Juice	Tuesday, October 9 Popcorn Chicken Mashed Potatoes Turnip Greens Roll Fresh Fruit Fruit Juice	Wednesday, October 10 Chicken Nuggets Mashed Potatoes Green Beans Roll Fruit Cup Fruit Juice	Thursday, October 11 Buffalo Chicken Drumstick Mashed Potatoes Steamed Carrots Biscuit Fresh Fruit Fruit Juice	Friday, October 12 Mini Corn Dogs Tater Tots Baked Beans Carrot Pickups Fruit Cup Fruit Juice
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Fall Break
October 15th-19th

Break begins at the end of classes:
Friday, October 12th

Classes Resume:
Monday, October 22nd

Monday, October 22 Pizza Corn Green Beans Carrot Pickups Fruit Cups Fruit Juice	Tuesday, October 23 Salisbury Steak Mashed Potatoes Peas & Carrots Roll Fresh Fruit Fruit Juice	Wednesday, October 24 Chicken Nuggets Mashed Potatoes Pinto Beans Sweet Potatoes Roll Fruit Cup Fruit Juice	Thursday, October 25 Popcorn Chicken Mashed Potatoes Turnip Greens Roll Fresh Fruit Fruit Juice	Friday, October 26 Hot Dogs French Fries Carrot Pickups Cucumber Pickups Fruit Cup Fruit Juice
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Monday, October 29 Taco Refried Beans Corn Salsa Fruit Cup Fruit Juice	Tuesday, October 30 Chicken Tenders Mashed Potatoes Steamed Broccoli Roll Fresh Fruit Fruit Juice	Wednesday, October 31 Turkey & Gravy Mashed Potatoes Green Beans Roll Fruit Cup Fruit Juice	Thursday, November 1 Chicken Nuggets Mashed Potatoes Sweet Potatoes Green Beans Roll Fresh Fruit Fruit Juice	Friday, November 2 Pizza Corn Green Beans Carrot Pickups Fruit Cups Fruit Juice
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