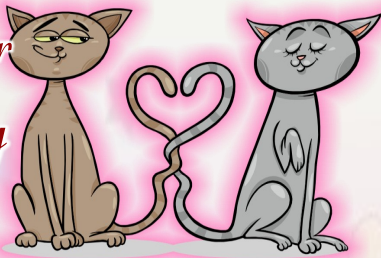


Menus for February 2019



RCHS

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



WORD of the MONTH Citizenship

Being law abiding, admitting wrongdoing. Being trustworthy & acting with integrity.



Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
Taco Refried Beans Corn Salsa Fruit Cup Fruit Juice	Popcorn Chicken Mashed Potatoes Roasted Veggies Roll Fresh Fruit Fruit Juice	Chicken Nuggets Mashed Potatoes Green Beans Sweet Potato Puffs Roll Fruit Cup Fruit Juice	Chicken Alfredo Roasted Potatoes Steamed Broccoli Roll Fresh Fruit Fruit Juice	BBQ Rib Sandwich Tater Tots Baked Beans Carrot Pickups Fruit Cup Fruit Juice Choice of Milk
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
Chicken Fajita Refried Beans Corn Salsa Fruit Cup Fruit Juice	Popcorn Chicken Mashed Potatoes Steamed Broccoli Roll Fresh Fruit Fruit Juice	Professional Development 	Chicken Nuggets Mashed Potatoes Pinto Beans Sweet Potato Puffs Roll Fresh Fruit Fruit Juice	Mini Corn Dogs Tater Tots Baked Beans Carrot Pickups Fruit Cups Fruit Juice
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
Taco Refried Beans Corn Salsa Fruit Cup Fruit Juice	Teriyaki Chicken Dippers Mashed Potatoes Steamed Broccoli Roll Fresh Fruit Fruit Juice	Turkey & Gravy Mashed Potatoes Green Beans Sweet Potato Puffs Roll Fruit Cup Fruit Juice	Salisbury Steak Mashed Potatoes Roasted Veggies Roll Fresh Fruit Fruit Juice	Hot Dogs W/ Chili Beans Tater Tots Carrot Pickups Fruit Cup Fruit Juice
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
 NO SCHOOL TODAY	Buffalo Chicken Drumstick Mashed Potatoes Baked Beans Peas & Carrots Roll Fresh Fruit	Popcorn Chicken Mashed Potatoes Turnip Greens Sweet Potato Puffs Roll Fruit Cup Fruit Juice	Lasagna Green Beans Corn Roll Fresh Fruit Fruit Juice	Meatball Sub Tater Tots Carrot Pickups Fruit Cup Fruit Juice
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	Friday, February 1
Taco Soup Corn Salsa Fruit Cup Fruit Juice	Popcorn Chicken Mashed Potatoes Roasted Veggies Roll Fresh Fruit Fruit Juice	Chicken Nuggets Mashed Potatoes Green Beans Sweet Potato Puffs Roll Fruit Cup Fruit Juice	Chicken Alfredo Roasted Potatoes Steamed Broccoli Roll Fresh Fruit Fruit Juice	BBQ Rib Sandwich Tater Tots Baked Beans Carrot Pickups Fruit Cup Fruit Juice