

# RCHS

## Menus for January 2019

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!

### Word of the Month

## SELF-DISCIPLINE

Demonstrating hard work. Controlling your emotions, words, actions, impulses and desires.



Pro Football playoffs start Sunday, Jan. 6. What team will wear the crown?



### CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

Thursday, January 3

- Pizza
- Corn
- Green Beans
- Fruit Cup
- Fruit Juice

Friday, January 4

- BBQ Rib Sandwich
- Tater Tots
- Baked Beans
- Fruit Cup
- Fruit Juice

Monday, January 7

- Quesadilla
- Refried Beans
- Corn
- Salsa
- Fruit Cup
- Fruit Juice

Tuesday, January 8

- Popcorn Chicken
- Mashed Potatoes
- Steamed Broccoli
- Roll
- Fresh Fruit
- Fruit Juice

Wednesday, January 9

- Chicken Nuggets
- Mashed Potatoes
- Kraut & Wieners
- Sweet Potato Puffs
- Roll
- Fruit Cup
- Fruit Juice

Thursday, January 10

- BBQ Chicken Dippers
- Mashed Potatoes
- Baked Beans
- Roll
- Fresh Fruit
- Fruit Juice

Friday, January 11

- Stuffed Crust Pizza
- Corn
- Green Beans
- Carrot Pickups
- Fruit Cups
- Fruit Juice

Monday, January 14

- Chicken Fajita
- Refried Beans
- Corn
- Salsa
- Fruit Cup
- Fruit Juice

Tuesday, January 15

- Teriyaki Chicken Dippers
- Mashed Potatoes
- Steamed Broccoli
- Roll
- Fresh Fruit
- Fruit Juice

Wednesday, January 16

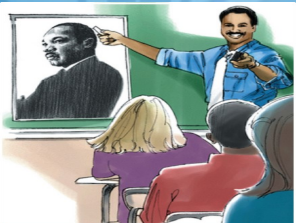
- Turkey & Gravy
- Mashed Potatoes
- Green Beans
- Sweet Potato Puffs
- Roll
- Fruit Cup
- Fruit Juice

Thursday, January 17

- Salisbury Steak
- Mashed Potatoes
- Roasted Veggies
- Roll
- Fresh Fruit
- Fruit Juice

Friday, January 18

- Mini Corn Dogs
- Tater Tots
- Baked Beans
- Carrot Pickups
- Fruit Cup
- Fruit Juice



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

- Buffalo Chicken Drumstick
- Mashed Potatoes
- Peas & Carrots
- Roll
- Fresh Fruit
- Fruit Juice

Wednesday, January 23

- Chicken Nuggets
- Mashed Potatoes
- Turnip Greens
- Sweet Potato Puffs
- Roll
- Fruit Cup
- Fruit Juice

Thursday, January 24

- Lasagna
- Green Beans
- Corn
- Roll
- Fresh Fruit
- Fruit Juice

Friday, January 25

- Hot Dogs
- W/ Chili Beans
- Tater Tots
- Carrot Pickups
- Fruit Cup
- Fruit Juice

Monday, January 28

- Taco
- Refried Beans
- Corn
- Salsa
- Fruit Cup
- Fruit Juice

Tuesday, January 29

- Popcorn Chicken
- Mashed Potatoes
- Roasted Veggies
- Roll
- Fresh Fruit
- Fruit Juice

Wednesday, January 30

- Chicken Nuggets
- Mashed Potatoes
- Green Beans
- Sweet Potato Puffs
- Roll
- Fruit Cup
- Fruit Juice

Thursday, January 31

- Chicken Alfredo
- Roasted Potatoes
- Steamed Broccoli
- Roll
- Fresh Fruit
- Fruit Juice

Friday, February 1

- BBQ Rib Sandwich
- Tater Tots
- Carrot Pickups
- Fruit Cup
- Fruit Juice
- Choice of Milk