



RCMS 

LUNCH MENU

October 9th – 13th, 2017



THIS WEEK'S DAILY SPECIALS

Monday – Turkey and Cheese Melt

Tuesday – Tuna Salad Sub

Wednesday – Chicken Salad Sub

Thursday – Ham and Cheese Sandwich

Friday – Tuscan Turkey Sub

OFFERED DAILY: * Sun butter & Jelly and Turkey & Cheese on WW Bread Offered Daily.

(All Grains Offered are Whole Grain Rich)



Daily Special

Monday

Grilled Cheese & Tomato Soup

Tuesday

Spaghetti & Meatballs

Wednesday

Breakfast for Lunch

Thursday

Zesty Orange Chicken

Friday

Turkey Dinner

Menu is subject to change due to Availability



Monday – Taco Salad

Tuesday – Buffalo Chicken Salad w/ WW Roll

Wednesday – Chicken BLT Salad w/Roll

Thursday – Hawaiian Chicken Salad w/ WW Roll

Friday – Chef Salad

DAILY SIDES

Monday – Steamed Green Beans/ Chilled Fruit

Tuesday – Refried Beans/Fresh Fruit

Wednesday – Roasted Carrots/Fresh Fruit

Thursday – Steamed Rice/Fresh Fruit

Friday – Mashed Potatoes/ Chilled Fruit

REMEMBER TO PICK AT LEAST 3 OUT OF THE 5 COMPONENTS AND ONE “MUST” BE A FRUIT OR VEGETABLE!



THIS WEEK'S DAILY SPECIAL'S

Scratch Cheese Pizza Served Daily

Monday – Pepperoni Style Pizza

Tuesday – Buffalo Chicken Style Pizza

Wednesday – Pepperoni Pizza

Thursday – Pepperoni Pizza

Friday – Supreme Pizza

(All Pizza's are prepared on Whole Grain Pizza Crust)



THIS WEEK'S DAILY SPECIAL'S

Monday – Chicken Nuggets

Tuesday – Cheeseburger

Wednesday – Chicken Patty Sandwich

Thursday – Corn Dog

Friday – Bacon Cheeseburger