



RCMS 

LUNCH MENU

October 16th – 20th, 2017



THIS WEEK'S DAILY SPECIALS

Monday – Ham & Cheese Sandwich

Tuesday – Southwest Wrap

Wednesday – Super Veggie Sandwich

Thursday – Tuna Salad Sub

Friday – Club Wrap

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

(All Grains Offered are Whole Grain Rich)



Daily Special

Monday

Chicken Philly Hot Sub

Tuesday

Ham Dinner

Wednesday

Beefy Mac Casserole

Thursday

Italian Meatball Sub

Friday

Chicken Broccoli Stir Fry

Menu is subject to change due to Availability



Monday – Chicken Ranch Salad w/ WW Roll

Tuesday – Chicken Caesar Salad w/ WW Roll

Wednesday – Chef Salad w/Roll

Thursday – Chicken BLT Salad w/ WW Roll

Friday – Chicken Taco Salad

DAILY SIDES

Monday – Steamed Green Beans Chilled Fruit

Tuesday – Mashed Potatoes/Fresh Fruit

Wednesday – Refried Beans/Fresh Fruit

Thursday – Steamed Broccoli/Fresh Fruit

Friday – Roasted Carrots/ 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 Pizza

Tuesday – Buffalo Style Pizza

Wednesday – Pepperoni Pizza

Thursday – Pepperoni Pizza

Friday – Hawaiian Pizza

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



THIS WEEK'S DAILY SPECIAL'S

Monday – Cheeseburger

Tuesday – BBQ Riblet Sandwich

Wednesday – Chicken Patty Sandwich

Thursday – Shred BBQ Pork Sandwich

Friday – Cheeseburger