



RCMS 

LUNCH MENU

October 23rd – 27th, 2017



THIS WEEK'S DAILY SPECIALS

Monday – American Sub

Tuesday – Chicken Caesar Wrap

Wednesday – Crispy Chicken Wrap

Thursday – Club Wrap

Friday – Buffalo Chicken 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 Nuggets

Tuesday

Soft Tacos

Wednesday

Chicken & Waffles

Thursday

Chicken Fried Steak

Friday

Rotini and Meat sauce

Menu is subject to change due to Availability



Monday – Chef Salad

Tuesday – Chicken Caesar Salad

Wednesday – Crispy Chicken Salad

Thursday – Chicken Fajita Salad

Friday – Buffalo Chicken Salad

DAILY SIDES

Monday – Steamed Carrots/Fresh Fruit

Tuesday – Refried Beans/Fresh Fruit

Wednesday – Green Beans/ Chilled Fruit

Thursday – Mashed Potatoes/Fresh Fruit

Friday – Steamed Broccoli /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 – Hawaiian Pizza

Wednesday – Pepperoni Pizza

Thursday – Buffalo Chicken Pizza

Friday – Pepperoni Pizza

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



THIS WEEK'S DAILY SPECIAL'S

Monday – Chicken Patty Sandwich

Tuesday – Buffalo Chicken Patty Sandwich

Wednesday – Cheeseburger

Thursday – BBQ Chicken Sandwich

Friday – Cheeseburger

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