



RCMS 

### LUNCH MENU

January 8<sup>th</sup> – 12<sup>th</sup>, 2018



### THIS WEEK'S DAILY SPECIALS

**Monday** – Crispy Chicken Ranch Wrap

**Tuesday** – Club Wrap

**Wednesday** – Buffalo Wrap

**Thursday** – Turkey Bacon Club Sub

**Friday** – Italian Sub

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

*(All Grains Offered are Whole Grain Rich)*



### Daily Special

**Monday**

Bean & Cheese Burrito

**Tuesday**

Chicken Alfredo Pasta

**Wednesday**

Chicken Fajita

**Thursday**

Stromboli Sausage

**Friday**

Zesty Orange Chicken

*Menu is subject to change due to Availability*



**Monday** – Crispy Chicken Salad

**Tuesday** – Chicken Caesar Salad

**Wednesday** – Buffalo Chicken Salad

**Thursday** – Chicken Fajita Salad

**Friday** – Taco Salad

### DAILY SIDES

**Monday** – Refried Beans/Fresh Fruit

**Tuesday** – Steamed Broccoli/Fresh Fruit

**Wednesday** – Steamed Corn/ Chilled Fruit

**Thursday** – Potato Wedges/Fresh Fruit

**Friday** – Steamed Carrot Coins /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  
**(Nachos' Served Daily)**

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