



RCMS 

LUNCH MENU

January 15th – 19th, 2018



THIS WEEK'S DAILY SPECIALS

Monday –

Tuesday – Buffalo Chicken Wrap

Wednesday – Chicken Caesar Wrap

Thursday – American Sub

Friday – Turkey & Cheese Sandwich

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

(All Grains Offered are Whole Grain Rich)



Daily Special

Monday

NO SCHOOL

Tuesday

Spaghetti and Meatsauce

Wednesday

Chicken Nuggets

Thursday

Chili Hot Dog

Friday

Cheese Enchiladas

Menu is subject to change due to Availability



Monday –

Tuesday – Buffalo Chicken Salad

Wednesday – Taco Salad

Thursday – Greek Turkey Salad

Friday – Classic Chef Salad

DAILY SIDES

Monday –

Tuesday – Steamed Carrots/Fresh Fruit

Wednesday – Potato Wedges/Chilled Fruit

Thursday – Steamed Broccoli/Fresh Fruit

Friday – Pinto Beans/Fresh 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 –

Tuesday – Buffalo Style Pizza

Wednesday – Pepperoni Pizza

Thursday – Pepperoni Pizza

Friday – Veggie Pizza

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



THIS WEEK'S DAILY SPECIAL'S

Monday –

Tuesday – Corn Dog

Wednesday – Chicken Patty Sandwich

Thursday – Bacon Cheeseburger

Friday – Buffalo Chicken Patty Sandwich

(Nacho's Served Daily)