



# RCMS LUNCH MENU



Jan 29<sup>th</sup> – Feb 2<sup>nd</sup>, 2018

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



## 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**

Grilled Cheese & Tomato Soup

**Wednesday**

BBQ Rib Sandwich

**Thursday**

Sweet & Sour Chicken

**Friday**

Spaghetti & Meat Sauce

*Served with fresh vegetables daily*



**Monday** – Fiesta Nachos

**Tuesday** – Soft or Hard Tacos

**Wednesday** – Bean & Cheese

**Thursday** – Cheese Enchiladas

**Friday** – Chili Fritos



**Monday** – Chef Salad

**Tuesday** – Chicken Caesar Salad

**Wednesday** – Crispy Chicken Salad

**Thursday** – Chicken Fajita Salad

**Friday** – Buffalo Chicken Salad



## 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** – Cheeseburger

**Wednesday** – Spicy Chicken Sandwich

**Thursday** – BBQ Chicken Sandwich

**Friday** – Bacon Cheeseburger

*Menu is subject to change due to Availability*