



RCMS LUNCH MENU



Feb 5th – Feb 9th, 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 – Chipotle Lime Southwest 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

Baked Ziti

Wednesday

Meatball Sub

Thursday

Teriyaki Chicken

Friday

Ham Dinner

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 – Taco Salad

Wednesday – Crispy Chicken Salad

Thursday – Chicken BLT 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 – Philly Cheesesteak

Friday – Bacon Cheeseburger

Menu is subject to change due to Availability