



RCMS LUNCH MENU



Feb 26th – March 2nd, 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