



RCMS LUNCH MENU



April 16th – April 20th, 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

Breakfast for Lunch

Wednesday

Beefy Macaroni & Cheese

Thursday

Sweet and Sour Chicken

Friday

Salisbury Steak

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 – Taco 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 – Supreme Pizza

Friday – Buffalo Chicken 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 Rib Sandwich

Friday – Bacon Cheeseburger

Menu is subject to change due to Availability