



# RCHS

This institution is an equal opportunity provider.

# April 2019

Please see the website for menus and other key information.



Variety of Milk served with each meal

**Reminder:**  
You can deposit money into your students Food Service account through Skyward Family Access.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cold: Cereal / Cheese Stick Hot: Breakfast Scrambler After Block One: Grab and Go	2 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go	3 Cold: Cereal / Yogurt Hot: Scrambled Eggs/Toast/Hash brown After Block One: Grab and Go	4 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go	5 Cold: Cereal / Cheese Stick Hot: Cinnamon Roll After Block One: Grab and Go
Turkey Club Wrap Green Beans Fruit Choice Juice / Milk	Chicken Nuggets / Ketchup Bean Dip / Chips Fruit Choice / Juice / Milk Oatmeal Cookie	Buffalo Cheese Crunchers Romaine lettuce Salad w/ Dressing 2 <sup>nd</sup> Veggie Choice Fruit Choice / Juice / Milk	Baked Potato / Margarine Cup Cheese and Diced Ham Cup/ Corn Roll / Fruit Choice / Juice / Milk Cinnamon Bread	Chili / Crackers Chips / Carrots / Dip Fruit Choice Juice / Milk
8 Cold: Cereal / Cheese Stick Hot: Breakfast Scrambler After Block One: Grab and Go	9 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go	10 Cold: Cereal / Yogurt Hot: Scrambled Eggs/Toast/Hash brown After Block One: Grab and Go	11 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go	12 Cold: Cereal / Cheese Stick Hot: Cinnamon Roll After Block One: Grab and Go
Chicken and Noodles Bread Stick Green Beans Fruit Choice / Juice / Milk	General Tso Chicken / Egg Roll Veggie Fried Rice / Steamed Broccoli Fruit Choice / Juice / Milk Blonde No Bake Cookie	Pizza Crunchers Marinara Dunker 2 <sup>nd</sup> Veggie Choice / Fruit Choice Juice / Milk	Biscuit / Gravy / Sausage Hash Brown / Slushy Fruit Choice / Juice / Milk Pumpkin Bar	BBQ on Bun Pickle Spears / Baked Beans 2 <sup>nd</sup> Veggie Choice Fruit Choice / Juice / Milk
15 Cold: Cereal / Cheese Stick Hot: Breakfast Scrambler After Block One: Grab and Go	16 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go	17 Cold: Cereal / Yogurt Hot: Scrambled Eggs/Toast/Hash brown After Block One: Grab and Go	18 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go	19 <b>No School</b>
Orange Chicken Veggie Fried Rice / Cooked Carrots Egg Roll / Mixed Vegetables Fruit Choice / Juice / Milk	Salisbury Steak Whipped Potatoes / Gravy Roll / Margarine Fruit Choice / Juice / Milk/Chocolate Cake	Chicken Tenders Waffle / Syrup Baked Beans/2 <sup>nd</sup> Veggie Fruit Choice / Juice / Milk	Meat Loaf / Roll Green Beans / Slushy Fruit Choice / Juice / Milk Cookie	
22 <b>No School</b>	23 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go	24 Cold: Cereal / Yogurt Hot: Scrambled Eggs/Toast/Hash brown After Block One: Grab and Go	25 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go	
29 Cold: Cereal / Cheese Stick Hot: Breakfast Scrambler After Block One: Grab and Go	30 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go	<b>MAY 1</b> Cold: Cereal / Yogurt Hot: Scrambled Eggs/Toast/Hash brown After Block One: Grab and Go	2 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go	3 Cold: Cereal / Cheese Stick Hot: Cinnamon Roll After Block One: Grab and Go
Turkey Club Wrap Green Beans Fruit Choice Juice / Milk	Chicken Nuggets / Ketchup Bean Dip / Chips Fruit Choice / Juice / Milk Oatmeal Cookie	Buffalo Cheese Crunchers Romaine lettuce Salad w/ Dressing 2 <sup>nd</sup> Veggie Choice Fruit Choice / Juice / Milk	Baked Potato / Margarine Cup Cheese and Diced Ham Cup/ Corn Roll / Fruit Choice / Juice / Milk Cinnamon Bread	NO Lunch Served
<b>Monday Express: Mr. Ribb</b>	<b>Tuesday Express: Cheeseburger</b>	<b>Wednesday Express: Bosco</b>	<b>Thursday Express: Chicken Sand.</b>	<b>Friday Express: Pizza</b>

**NOTE:** There must be money on the student's account, if they only want to purchase a milk or juice. The School price Breakfast/Lunch - Free/Reduced meal comes with one drink. Any extras or students with lunch boxes must have money for a purchase. Milk/Juice = \$.50

**Reliable Caring Cooks Undoubtedly #1**  
Growing Strong Healthy Tigers, one Meal at a Time!  
-RCCU1 Food Service Department

	Prices
Breakfast	\$2.10
Reduced	.30
Adult Breakfast	\$3.25
Lunch	\$2.70
Reduced	.40
Adult	\$4.25
EXTRA MILK	.50