



RCHS

This institution is an equal opportunity provider.

November 2018

Please see the website for menus and other key information.

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | |
|---|---|--|--|---|---|--|--|--|------------------------|
| | | | 1 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go Horse Shoe: Made famous in Springfield Burger topped w/fries and cheese Fruit Choice / Juice / Milk Banana Bread Square | 2 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go Tiger Taco Soft Shell/ Corn Cheese / Lettuce / Salsa Fruit Choice / Juice /Milk | | | | | |
| | | | 5 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Cheese Quesadillas Salsa Cup Mixed Vegetables Fruit Choice / Juice /Milk | 6 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Chicken Nuggets / Dipping Sauces Baked Beans/2 nd Veggie Choice Fruit Choice / Juice / Milk Oatmeal Cookie | 7 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Mini Pizza Bagels Romaine Lettuce Salad w/carrots Salad Dressing/2 nd Veggie Choice Fruit Choice / Juice / Milk | 8 Cold: Cereal / Cinnamon Roll/ Jelly Hot: Breakfast Pizza After Block One: Grab and Go Meatball Sub Corn / Slushy Fruit Choice Juice / Milk/ Cake | 9 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go Chili/Crackers Bag of Chips Sweet Potato Fries Fruit Choice / Juice /Milk | | |
| | | | Veteran's Day Observed | | | 13 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Pork Fritter on Bun BBQ Sauce Carrots / Dip /2 nd Veggie Choice Fruit Choice Juice / Milk | 14 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Thanksgiving Feast Turkey / Roll / Green Beans Whipped Potatoes/Gravy/Margarine Strawberry Applesauce Pumpkin Dessert / Milk | 15 Cold: Cereal / Cinnamon Roll / Jelly Hot: Breakfast Pizza After Block One: Grab and Go Early Dismissal Grab N Go Lunch Bosco Sticks /Marinara Dunker Fruit & Veggie Choice / Juice /Milk | 16 NO SCHOOL |
| | | | | | | 19 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Tiger Burger on Bun Ketchup / Tater Tots 2 nd Veggie Choice Fruit Choice / Juice / Milk | 20 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Salisbury Steak Whipped Potatoes / Gravy 2 nd Veggie Choice / Roll / Margarine Fruit Choice / Juice / Milk/Sugar Cookies | 21 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Orange Chicken Vegetable Rice / Green Beans Romaine lettuce Salad w/ Dressing Fruit Choice / Juice / Milk | |
| 26 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Baked Potato / Margarine Cup Cheese and Diced Ham Cup Broccoli and cheese / Fruit Choice Juice / Milk | 27 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Popcorn Chicken / Dipping Sauces Baked Beans/Slushy Fruit Choice / Juice / Milk No Bake Cookie | 28 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Pancake on a Stick Ketchup / Hash Brown Slushy / Pickle Spears Fruit Choice / Juice / Milk | | | | 29 Cold: Cereal / Cinnamon Roll / Jelly Hot: Breakfast Pizza After Block One: Grab and Go Tater Tot Casserole Cooked Carrots / Bread Stick 2 nd Veggie Choice Fruit Choice / Juice / Milk Homemade Cereal Bar | | | |
| Monday Express: Mr. Ribb | Tuesday Express: Cheeseburger | Wednesday Express: Bosco | | | | Thursday Express: Chicken Sand. | Friday Express: Pizza | | |

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



Reliable Caring Cooks Undoubtedly #1

Growing Strong Healthy Tigers, one Meal at a Time!

-RCCU1 Food Service Department

