



RCHS

This institution is an equal opportunity provider.

March 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: Apple Bosco
				After Block One: Grab and Go
				Orange Chicken / Egg Roll Vegetable Rice / Green Beans Romaine lettuce Salad w/ Dressing Fruit Choice / Juice / Milk
4	5	6	7	8
Cold: Cereal / Cheese Stick	Cold: Cereal / Muffin	Cold: Cereal / Yogurt	Cold: Cereal / Pop Tart	Cold: Cereal / Cheese Stick
Hot: Breakfast Scrambler	Hot: French Toast	Hot: Scrambled Eggs/Toast/Hash brown	Hot: Breakfast Pizza	Hot: Breakfast Burrito
After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go
Turkey Club 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 nd Veggie Choice Fruit Choice / Juice / Milk	Baked Potato / Margarine Cup Cheese and Diced Ham Cup / Roll Fruit Choice / Juice / Milk Cinnamon Bread	Chili/Crackers Bag of Chips Carrots/Dip Fruit Choice / Juice /Milk
11	12	13	14	15
Cold: Cereal / Cheese Stick	Cold: Cereal / Muffin	Cold: Cereal / Yogurt	Cold: Cereal / Cinnamon Roll	Cold: Cereal / Cheese Stick
Hot: Breakfast Scrambler	Hot: French Toast	Hot: Scrambled Eggs/Toast/Hash brown	Hot: Breakfast Pizza	Hot: Breakfast Burrito
After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go
Chicken Parmesan Bread Stick Green Beans Fruit Choice / Juice / Milk	General Tso Chicken Veggie Fried Rice / Egg Roll Steamed Broccoli Fruit Choice / Juice / Milk Blonde No Bake Cookie	Pizza Crunchers Marinara Dunker 2 nd 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 nd Veggie Choice Fruit Choice / Juice / Milk
18	19	20	21	22
NO School				
	Cold: Cereal / Muffin	Cold: Cereal / Yogurt	Cold: Cereal / Pop Tart	Cold: Cereal / Cheese Stick
	Hot: French Toast	Hot: Scrambled Eggs/Toast/Hash brown	Hot: Breakfast Pizza	Hot: Breakfast Burrito
	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go
	Salisbury Steak Whipped Potatoes / Gravy Roll / Margarine Fruit Choice / Juice / Milk/Sugar Cookie	Chicken Tenders Waffle / Syrup Baked Beans/2 nd Veggie Fruit Choice / Juice / Milk	Meat Loaf / Roll Green Beans / Slushy Fruit Choice / Juice / Milk Chocolate Cake	Mozzarella Sticks Marinara Dunker Romaine lettuce Salad w/ Dressing Fruit Choice / Juice / Milk
25	26	27	28	29
Cold: Cereal / Cheese Stick	Cold: Cereal / Muffin	Cold: Cereal / Yogurt	Cold: Cereal / Cinnamon Roll	Cold: Cereal / Cheese Stick
Hot: Breakfast Scrambler	Hot: French Toast	Hot: Scrambled Eggs/Toast/Hash brown	Hot: Breakfast Pizza	Hot: Breakfast Burrito
After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go	After Block One: Grab and Go
Loaded Tater Tots w/ham & Cheese Ketchup / Cooked Carrots 2 nd Veggie Choice Fruit Choice / Juice / Milk	Popcorn Chicken Baked Beans/Slushy Ketchup or BBQ Dipper Fruit Choice / Juice / Milk No Bake Cookie	Tiger Burger Onion Rings / Steamed Broccoli 2 nd Veggie Choice Fruit Choice / Juice / Milk	Pancake on a Stick Ketchup / Hash Brown Slushy / Pickle Spears Fruit Choice / Juice / Milk Homemade Cereal Bar	Tiger Taco Soft Shell/ Corn Cheese / Lettuce / Salsa Fruit Choice / Juice /Milk
Monday Express: Mr. Ribb	Tuesday Express: Cheeseburger	Wednesday Express: Bosco	Thursday Express: Chicken Sand.	Friday Express: Pizza

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