



RCHS

This institution is an equal opportunity provider.

October 2018

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Popcorn Chicken/ Ketchup or BBQ Dipper Baked Beans / Pickle Spears 2 nd Veggie Choice Fruit Choice / Juice / Milk	2 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Lasagna Roll-ups / Bread Stick Carrots / Dip/2 nd Veggie Choice Fruit Choice / Juice /Milk Apple Bread	3 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Mac and Cheese / Roll Steamed Broccoli 2 nd Veggie Choice Fruit Choice / Juice / Milk	4 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go <i>Horse Shoe: Made famous in Springfield</i> Burger topped w/fries and cheese sauce Fruit Choice / Juice / Milk Banana Bread Square	5 NO SCHOOL
8 NO SCHOOL Thursday is <u>Great Apple Crunch Day!</u> We will be Crunching into fresh apples from <u>Bigards Orchard!</u>	9 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Chicken Nuggets / Ketchup Baked Beans/2 nd Veggie Choice Fruit Choice / Juice Milk Snickerdoodles	10 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	11 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go <i>Illinois Great Apple Crunch Day</i> Corn Dog /Ketchup Sweet Potato Fries/Juice / Milk Fresh Apple / Wacky Chocolate Cake	12 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go Sub Sandwich w/toppings Corn Slushy Fruit Choice / Juice /Milk
15 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Sloppy Joe / Bun Pickle Spears / Ketchup Green Beans Fruit Choice / Juice / Milk	16 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Chicken and Noodles Steamed Broccoli Fruit Choice / Juice / Milk Cinnamon Bread	17 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Pig in a Blanket Carrots / Dip /2 nd Veggie Choice Fruit Choice Juice / Milk	18 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go Salisbury Steak Whipped Potatoes /Gravy Roll / Pumpkin Bar Fruit Choice / Juice / Milk	19 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go BBQ on Bun Pickle Spears / Baked Beans 2 nd Veggie Choice Fruit Choice / Juice / Milk
22 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Hot Dog on Bun Chili Cup / Ketchup Cooked Carrots Fruit Choice / Juice / Milk	23 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Mashed Potato Bowl Chicken/Cheese/Corn/Gravy Roll/Fruit Choice / Juice / Milk Sugar Cookies	24 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Chicken Tenders Waffle / Syrup Baked Beans/2 nd Veggie Fruit Choice / Juice / Milk	25 Cold: Cereal / Pop Tart Hot: Breakfast Pizza After Block One: Grab and Go Nachos Supreme Lettuce / Cheese / Salsa 2 nd Veggie Choice /Fruit Choice Juice / Milk /Cherry Oatmeal Bar	26 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go Italian Pasta Bake / Roll Romaine lettuce Salad w/ Dressing Fruit Choice Juice / Milk
29 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go Popcorn Chicken/ Ketchup or BBQ Dipper Baked Beans / Pickle Spears 2 nd Veggie Choice Fruit Choice / Juice / Milk	30 Cold: Cereal / Muffin Hot: French Toast After Block One: Grab and Go Lasagna Roll-ups / Bread Stick Carrots / Dip/2 nd Veggie Choice Fruit Choice / Juice /Milk Apple Bread	31 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go Mac and Cheese / Roll Steamed Broccoli 2 nd Veggie Choice Fruit Choice / Juice / Milk	1 November 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
Monday Express: Mr. Ribb	Tuesday Express: Cheeseburger	Wednesday Express: Bosco Sticks	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



Variety of Milk served with each meal