





# RCHS

This institution is an equal opportunity provider.

# November 2020

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
Frudel 2 PBJ Veggie Fruit Milk	<b>Election Day No School</b>	Cereal Bar 4 Hamburger on a Bun Veggie Fruit Milk	Donuts 5 Chicken Patty Veggie Fruit Milk	Poptart 6 Turkey and Cheese Veggie Fruit Milk
Frudel 9 PBJ Veggie Fruit Milk		Honey Buns 10 Cold Cut Sandwich Salad Fruit Milk	<b>Veterans' Day No School</b>	Donuts 12 Cold Cut Sandwich Veggie Fruit Milk
Frudel 16 PBJ Veggie Fruit Milk	Honey Buns 17 <b>Thanksgiving Meal</b> Turkey, Mashed Potatoes/Gravy Roll/ Applesauce Pumpkin Muffin, Milk	Cereal Bar 18 <b>Thanksgiving Meal</b> Turkey, Mashed Potatoes/Gravy Roll/ Applesauce Pumpkin Muffin, Milk		Donuts 19 Cold Cut Sandwich Veggie Fruit Milk
Frudel 23 PBJ Veggie Fruit Milk	Honey Buns 24 Cold Cut Sandwich Veggies Fruit Milk	Cereal 25 Bosco Sticks Veggies Fruit Milk	<b>Happy Thanksgiving!</b> 	
Frudel 30 PBJ Veggie Fruit Milk				



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

\*Menu is Subject to Change.  
\*\* Extra grains may be added to each meal.

**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	\$2.20
Reduced	.30
Adult Breakfast	\$3.30
Lunch	\$2.80
Reduced	.40
Adult	\$4.30
EXTRA MILK	.50