



RCHS

This institution is an equal opportunity provider.

October 2020

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
			October Breakfast: Donuts Fruit Juice/Milk 1	Breakfast: Muffin Fruit Juice/Milk 2
			Cold Cut Sandwich Veggies Fruit Milk 8	Cold Cut Sandwich Veggies Fruit Milk 9
Breakfast: Frudel Fruit Juice /Milk 5	Breakfast: Honey Bun Fruit Juice/Milk 6	Breakfast: Cereal Bar Fruit Juice/Milk 7	Breakfast: Donuts Fruit Juice /Milk 8	Breakfast: Muffin Fruit Juice/Milk 9
Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk
Columbus Day No School		Breakfast: Honey Bun Fruit Juice/Milk 13	Breakfast: Cereal Bar Fruit Juice/Milk 14	Breakfast: Donuts Fruit Juice/Milk 15
		Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk
Breakfast: Frudel Fruit Juice/Milk 19	Breakfast: Honey Bun Fruit Juice/ Milk 20	Breakfast: Cereal Bar Fruit Juice/Milk 21	Breakfast: Donuts Fruit Juice/Milk 22	Breakfast: Muffin Fruit Juice Milk 23
Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk
Breakfast: Frudel Fruit Juice/Milk 26	Breakfast: Honey Bun Fruit Juice/Milk 27	Breakfast: Cereal Bar Fruit Juice/Milk 28	Breakfast: Donuts Fruit Juice/Milk 29	Breakfast: Muffin Fruit Juice/Milk 30
Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk	Cold Cut Sandwich Veggies Fruit Milk

Variety of Milk served with each meal

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