




RCHS

This institution is an equal opportunity provider.

September 2020

Please see the website for menus and other key information.

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

Monday	Tuesday	Wednesday	Thursday	Friday
August 31 Breakfast: Frudel	Breakfast: Honey bun ¹	Breakfast: Cereal Bar ²	Breakfast: Donuts ³	Breakfast: Muffin ⁴
Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk
LABOR DAY	Breakfast: Honey bun ⁸	Breakfast: Cereal Bar ⁹	Breakfast: Donuts ¹⁰	Breakfast: Muffin ¹¹
	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk
Breakfast: Frudel ¹⁴	Breakfast: Honey bun ¹⁵	Breakfast: Cereal Bar ¹⁶	Breakfast: Donuts ¹⁷	Breakfast: Muffin ¹⁸
Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk
Breakfast: Frudel ²¹	Breakfast: Honey bun ²²	Breakfast: Cereal Bar ²³	Breakfast: Donuts ²⁴	Breakfast: Muffin ²⁵
Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk
Breakfast: Frudel ²⁸	Breakfast: Honey bun ²⁹	Breakfast: Cereal Bar ³⁰	 <h2>October</h2>	
Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk	Lunch: Cold Cut Sandwich Veggies Fruit Milk		

*Menus are subject to change

** Extra grains may be added to each meal.

Reliable Caring Cooks Undoubtedly #1

Growing Strong Healthy Tigers, one Meal at a Time!

-RCCU1 Food Service Department

