



RCHS

This institution is an equal opportunity provider.

September 2019

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday	
Labor Day	3 Cold: Cereal / Toast / Jelly Hot: French Toast / Syrup After Block One: Grab and Go	4 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go	5 Cold: Cereal / Toast / Jelly Hot: Breakfast Pizza After Block One: Grab and Go	6 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go	
	Popcorn Chicken Tater Tots/Ketchup or BBQ Dipper Fruit Choice / Juice / Milk Banana Bread Square	Italian Pasta Bake Steamed Broccoli 2 nd Veggie Choice Fruit Choice / Juice / Milk	Lasagan Roll- Ups Carrots / Dip/2 nd Veggie Choice Fruit Choice / Juice /Milk Apple Bread	Tiger Taco WG Soft Shell/ Corn Cheese / Lettuce / Salsa Fruit Choice / Juice /Milk	
	9 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go	10 Cold: Cereal / Toast / Jelly Hot: French Toast / Syrup After Block One: Grab and Go	11 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go	12 Cold: Cereal / Toast / Jelly Hot: Breakfast Pizza After Block One: Grab and Go	13 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go
	Sub Sandwich w/toppings Corn Slushy Fruit Choice / Juice /Milk	Chicken Nuggets / Ketchup Baked Beans/2 nd Veggie Choice Fruit Choice / Juice / Milk Snickerdoodles	Early Dismissal Grab N Go Lunch Bosco Sticks /Marinara Dunker Fruit & Veggie Choice / Juice /Milk	Corn Dog /Ketchup Sweet Potato Fries Fruit Choice / Juice / Milk Wacky Chocolate Cake	Cheese Quesadillas Salsa Cup Mixed Vegetables Fruit Choice / Juice /Milk
16 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go	17 Cold: Cereal / Toast / Jelly Hot: French Toast / Syrup After Block One: Grab and Go	18 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go	19 Cold: Cereal / Toast / Jelly Hot: Breakfast Pizza After Block One: Grab and Go	20 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go	
Sloppy Joe / Bun Pickle Spears / Ketchup Green Beans Fruit Choice / Juice / Milk	Chicken and Noodles Steamed Broccoli Fruit Choice / Juice / Milk Cinnamon Bread	Salisbury Steak Whipped Potatoes /Gravy Fruit Choice Juice / Milk	Pig in a Blanket Carrots / Dip/2 nd Veggie Choice Fruit Choice / Juice / Milk Pumpkin Bar	BBQ on Bun Pickle Spears/Baked Beans 2 nd Veggie Choice Fruit Choice / Juice / Milk	
23 Cold: Cereal / Cheese Stick Hot: Ham/Cheese Sandwich After Block One: Grab and Go	24 Cold: Cereal / Toast / Jelly Hot: Pancakes / Syrup After Block One: Grab and Go	25 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go	26 Cold: Cereal / Toast / Jelly Hot: Breakfast Pizza After Block One: Grab and Go	27 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go	
Mac and Cheese Romaine lettuce Salad w/ Dressing Fruit Choice / Juice Milk	Mashed Potato Bowl Chicken/Cheese/ Corn /Gravy Roll /Fruit Choice / Juice Milk /Sugar Cookies	Chicken Tenders Waffle / Syrup Baked Beans /2 nd Veggie Fruit Choice / Juice / Milk	Nachos Supreme /Lettuce Cup Cheese Cup/Salsa / 2 nd Veggie Choice Fruit Choice / Juice / Milk Cherry Oatmeal Bar	Hot Dog / Bun Ketchup Cooked Carrots Fruit Choice / Juice / Milk	
30 Cold: Cereal / Cheese Stick Hot: Sausage/Cheese on Biscuit After Block One: Grab and Go	October 1 Cold: Cereal / Toast / Jelly Hot: French Toast After Block One: Grab and Go	2 Cold: Cereal / Yogurt Hot: Breakfast Casserole After Block One: Grab and Go	3 Cold: Cereal / Toast / Jelly Hot: Breakfast Pizza After Block One: Grab and Go	4 Cold: Cereal / Cheese Stick Hot: Apple Bosco After Block One: Grab and Go	
Popcorn Chicken/ Ketchup or BBQ Dipper Baked Beans / Pickle Spears 2 nd Veggie Choice Fruit Choice / Juice / Milk	Horse Shoe: Made famous in Springfield Burger topped w/fries and cheese Fruit Choice / Juice / Milk Banana Bread Square	Mac and Cheese Steamed Broccoli 2 nd Veggie Choice Fruit Choice / Juice / Milk	Lasagna Roll-ups / Bread Stick Carrots / Dip/2 nd Veggie Choice Fruit Choice / Juice /Milk Apple Bread	Tiger Taco WG Soft Shell/ Corn Cheese / Lettuce / Salsa Fruit Choice / Juice /Milk	

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

Express Choices

Monday – Mr. Ribb
Tuesday – Cheeseburger
Wednesday – Bosco
Thursday – Chicken Patty
Friday - Pizza

Express choices offer an alternative to the entrée and a convenient Grab and Go Option for upperclassmen.

Students may also choose a salad or PBJ in place of the entrée.
Offered Daily

Reliable Caring Cooks Undoubtedly #1

Growing Strong Healthy Tigers, one Meal at a Time!

-RCCU1 Food Service Department

