

# K-5 Menus for NOVEMBER 2018

RCS D is an equal opportunity provider. Menus are subject to change.

**AVAILABLE DAILY**  
 Every complete meal we serve comes with choice of entrée, garden bar and your choice of low fat white or non-fat chocolate milk.  
**LUNCH \$3.00**



## LIFE TIME FOUNDATION

Healthy school meals and nutrition education brought to you in partnership with the Life Time Foundation  
[www.ltffoundation.org](http://www.ltffoundation.org)

Over 90% of our menu items, meet the clean label requirements as part of our partnership with Life Time Foundation. Check the list online:



<https://www.rcsdk8.org/menus>



<b>Thursday, November 1</b>	<b>Friday, November 2</b>
NO SCHOOL TODAY	NO SCHOOL TODAY

<b>Monday, November 5</b> CHICKEN NUGGETS, CHEESE BURGER OR BEAN & CHEESE BURRITO	<b>Tuesday, November 6</b> CHEESE PIZZA, PEPPERONI PIZZA OR BEEF TACO	<b>Wednesday, November 7</b> BREAKFAST FOR LUNCH OR BBQ CHICKEN DRUMSTICK	<b>Thursday, November 8</b> BEEF HOT DOG, TERIYAKI CHICKEN BOWL OR GRILLED CHEESE SANDWICH	<b>Friday, November 9</b> FISH STICKS & CHIPS, TURKEY SANDWICH OR CHEESE ENCHILADAS COOKIES
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<b>Monday, November 12</b> NO SCHOOL TODAY VETERANS' DAY <small>PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM</small>	<b>Tuesday, November 13</b> CHICKEN NUGGETS, BEEF TACO OR GRILLED CHEESE SANDWICH	<b>Wednesday, November 14</b> TERIYAKI DRUMSTICK, CHICKEN PATTY SANDWICH OR CHEESE FILLED BREAD STICKS WITH MARINARA	<b>Thursday, November 15</b> CHEESE PIZZA, PEPPERONI PIZZA OR ORANGE CHICKEN BOWL	<b>Friday, November 16</b> FISH STICKS & CHIPS, TERIYAKI CHICKEN BOWL OR MACARONI AND CHEESE HOLIDAY COOKIE
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<b>Monday, November 19</b>	<b>Tuesday, November 20</b>	<b>Wednesday, November 21</b>	<b>Thursday, November 22</b>	<b>Friday, November 23</b>
		HAPPY THANKSGIVING!		

<b>Monday, November 26</b> CHEESE BURGER, CORN DOG OR BEAN & CHEESE BURRITO	<b>Tuesday, November 27</b> CHICKEN NUGGETS, BEEF TACO OR GRILLED CHEESE SANDWICH	<b>Wednesday, November 28</b> TERIYAKI DRUMSTICK, CHICKEN PATTY SANDWICH OR CHEESE FILLED BREAD STICKS WITH MARINARA	<b>Thursday, November 29</b> CHEESE PIZZA, PEPPERONI PIZZA OR ORANGE CHICKEN BOWL	<b>Friday, November 30</b> FISH STICKS & CHIPS, TERIYAKI CHICKEN BOWL OR MACARONI AND CHEESE BIG SPOON YOGURT
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### TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories - and enjoy some fresh air, too!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**