



Make the healthy, economical choice!

Breakfast

\$1.25

K-5 Lunch

\$3.00

Pay for meals on-line at EZSchoolPay.com.
Apply on-line for free and reduced-price meals at www.EZMealApp.com

Friday, February 1
Breakfast
COFFEE CAKE,
LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST
Lunch
FISH STICKS & CHIPS,
TURKEY SANDWICH OR
CHEESE ENCHILADAS

COOKIES

Menus for
February 2019

**ROSEVILLE CITY AND
DRY CREEK SCHOOL DISTRICTS**

RCSD 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.

Monday, February 4
Breakfast
BENEFIT BAR FULL SIZE,
CHOCOLATE CHIP SCONE OR
CONTINENTAL BREAKFAST

Lunch
CHEESE BURGER,
CORN DOG
OR
BEAN & CHEESE BURITTO

Tuesday, February 5
Breakfast
FRENCH TOAST STICKS,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS,
BEEF TACO
OR
GRILLED CHEESE SANDWICH

Wednesday, February 6
Breakfast
BREAKFAST PIZZA,
ORANGE SCONE, YOGURT
PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
TERIYAKI CHICKEN
DRUMSTICK,
CHICKEN PATTY SANDWICH
OR
CHEESE FILLED BREAD
STICKS WITH MARINARA

Thursday, February 7
Breakfast
CHEESE BREADSITCKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA,
PEPPERONI PIZZA
OR
ORANGE CHICKEN BOWL

Friday, February 8
Breakfast
COFFEE CAKE,
LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST
Lunch
FISH STICKS & CHIPS,
CHEF'S CHOICE
OR
MACARONI & CHEESE

COOKIES

Monday, February 11
**LINCOLN'S
BIRTHDAY
OBSERVED**

**NO SCHOOL
TODAY**

Tuesday, February 12
Breakfast
PIGS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA,
PEPPERONI PIZZA
OR
BEEF TACO

Wednesday, February 13
Breakfast
CINNAMON ROLL,
ORANGE SCONE, YOGURT
PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
OR
BBQ CHICKEN DRUMSTICK

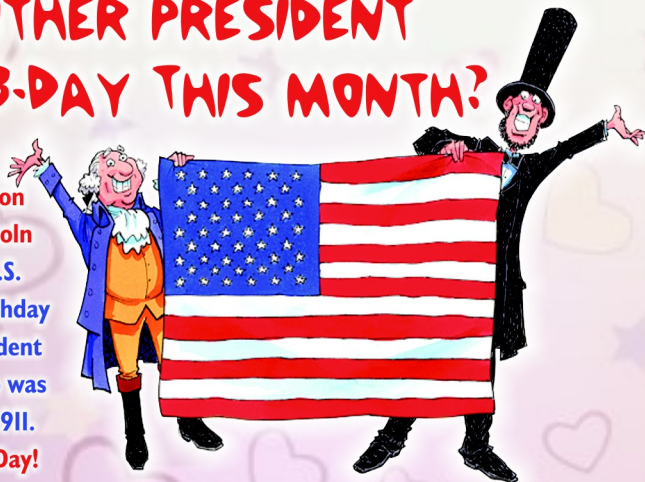
Thursday, February 14
Breakfast
BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
BEEF HOT DOG,
TERIYAKI CHICKEN BOWL
OR
GRILLED CHEESE SANDWICH

Friday, February 15
Breakfast
BREAKFAST BAGEL,
LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST
Lunch
FISH STICKS & CHIPS,
TURKEY SANDWICH
OR
CHEESE ENCHILADAS

WHAT OTHER PRESIDENT HAS A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln only one other U.S. President has a birthday this month – President Ronald Reagan who was born February 6, 1911. Happy Presidents Day!



EXTRA! Lunch Page News

EXTRA EXTRA!!

DID YOU KNOW THAT OVER 95% OF OUR MENU ITEMS MEET THE LIFE TIME FOUNDATION'S CLEAN LABEL REQUIREMENTS

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

JANUARY 2019 Edition



Q • Why is fish often prepared and served with lemon?



A • Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 18



NO SCHOOL TODAY

Tuesday, February 19

Breakfast
FRENCH TOAST STICKS,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS,
BEEF TACO
OR
GRILLED CHEESE SANDWICH

Wednesday, February 20

Breakfast
BREAKFAST PIZZA,
ORANGE SCONE, YOGURT
PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
TERIYAKI CHICKEN
DRUMSTICK,
CHICKEN PATTY SANDWICH
OR
CHEESE FILLED BREAD
STICKS WITH MARINARA

Thursday, February 21

Breakfast
CHEESE BREADSITCKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA,
PEPPERONI PIZZA
OR
ORANGE CHICKEN BOWL

Friday, February 22

Breakfast
COFFEE CAKE,
LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
FISH STICKS & CHIPS,
CHEF'S CHOICE
OR
MACARONI & CHEESE

BIG SPOON YOGURT

Monday, February 25

Breakfast
ZUCCHINI BREAD,
CHOCOLATE CHIP SCONE OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS,
CHEESE BURGER
OR
BEAN & CHEESE BURRITO

Tuesday, February 26

Breakfast
PIGS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA,
PEPPERONI PIZZA
OR
BEEF TACO

Wednesday, February 27

Breakfast
CINNAMON ROLL,
ORANGE SCONE, YOGURT
PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
OR
BBQ CHICKEN DRUMSTICK

Thursday, February 28

Breakfast
BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
BEEF HOT DOG,
TERIYAKI CHICKEN BOWL
OR
GRILLED CHEESE SANDWICH

**STRANGE
BUT TRUE!**

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!

