

ROSEVILLE CITY AND
DRY CREEK SCHOOL
DISTRICTS

Menus for January 2019



RCSD is an equal opportunity provider. Menus are subject to change.



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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



Pro Football
playoffs start
Sunday, Jan. 6.
What team will
wear the crown
on Super Bowl
Sunday?

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

Breakfast

\$1.25

K-5 Lunch

\$3.00

Pay online at EZSchoolPay.com

NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS

Monday, January 7



**No
School
Today**

Tuesday, January 8

Breakfast

FRENCH TOAST STICKS,
YOGURT PARFAIT
OR CONTINENTAL
BREAKFAST

Lunch

CHICKEN NUGGETS,
BEEF TACO
OR
GRILLED CHEESE SANDWICH

Wednesday, January 9

Breakfast

BREAKFAST PIZZA,
ORANGE SCONES,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

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

Thursday, January 10

Breakfast

CHEESE BREADSTICK,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA,
PEPPERONI PIZZA
OR
ORANGE CHICKEN BOWL

Friday, January 11

Breakfast

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

Lunch

FISH STICKS & CHIPS,
TERIYAKI CHICKEN BOWL
OR
MACARONI AND CHEESE

COOKIES

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, January 14

Breakfast

ZUCCHINI BREAD,
CHOCOLATE CHIP Scone OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS,
CHEESE BURGER
OR
BEAN & CHEESE BURRITO

Tuesday, January 15

Breakfast

PIGS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA,
PEPPERONI PIZZA
OR
BEEF TACO

Wednesday, January 16

Breakfast

CINNAMON ROLL
ORANGE Scone, YOGURT
PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
OR
BBQ CHICKEN DRUMSTICK

Thursday, January 17

Breakfast

BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

BEEF HOT DOG,
TERIYAKI CHICKEN BOWL
OR
GRILLED CHEESE SANDWICH

Friday, January 18

Breakfast

BREAKFAST BAGEL,
LEMON Scone,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

FISH STICKS & CHIPS,
TURKEY SANDWICH
OR
CHEESE ENCHILADAS

COOKIES

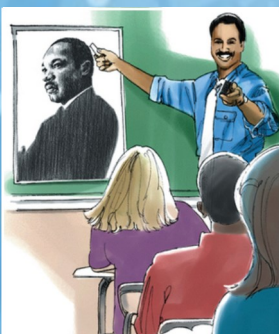


Q: How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

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



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

Breakfast

FRENCH TOAST STICKS,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS,
BEEF TACO
OR
GRILLED CHEESE SANDWICH

Wednesday, January 23

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, January 24

Breakfast

CHEESE BREADSTICKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA,
PEPPERONI PIZZA
OR
ORANGE CHICKEN BOWL

Friday, January 25

Breakfast

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

Lunch

FISH STICKS & CHIPS,
TERIYAKI CHICKEN BOWL
OR
MACARONI & CHEESE

BIG SPOON YOGURT

Monday, January 28

Breakfast

ZUCCHINI BREAD,
CHOCOLATE CHIP Scone OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS,
CHEESE BURGER
OR
BEAN & CHEESE BURRITO

Tuesday, January 29

Breakfast

PIGS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA,
PEPPERONI PIZZA
OR
BEEF TACO

Wednesday, January 30

Breakfast

CINNAMON ROLL,
ORANGE Scone,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
OR
BBQ CHICKEN DRUMSTICK

Thursday, January 31

Breakfast

BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

BEEF HOT DOG,
TERIYAKI CHICKEN BOWL
OR
GRILLED CHEESE SANDWICH



Looking for a job with a family feel and family-friendly hours?

JOIN OUR TEAM OF ON-CALL CAFETERIA STAFF. YOU CAN STILL BE AVAILABLE WHEN YOUR FAMILY NEEDS YOU. CALL TODAY FOR MORE INFORMATION!
(916) 771-1675

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