

Menus for JANUARY 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 a choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily LUNCH options:

DELI SANDWICHES

LARGE SALADS

PIZZA (selected varieties)

LUNCHES \$3.25

WWW.EZSchoolPay.com

**GET YOUR MORNING OFF TO A GOOD START!!
BREAKFAST IS SERVED DAILY AT ALL
MIDDLE SCHOOLS FOR ONLY \$1.25**

Happy New Year

Welcome Back!

We hope you enjoyed your break!

★ OUR NATION'S HISTORY ★

Nothing more than a spit of sand in the Hudson River just off Manhattan, the tiny island was variously known as Gull Island, Oyster Island, and Gibbet Island, until a businessman named Ellis built a fishermen's gathering spot on it around the time of the revolutionary war. Then, in January 1892 – 127 years ago this month -- the U.S. Government opened the Ellis Island Immigration Station on the land. Over the next 50 years, 12 million immigrants would take their first step in America onto little Ellis Island. If you can't visit, you can search for relatives who came through at ellisland.org.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the Day

Monday, January 7

NO SCHOOL

Tuesday, January 8

BEEF TACO
CHICKEN NUGGET
GRILLED CHEESE SANDWICH

Wednesday, January 9

TERIYAKI CHICKEN DRUM STICK
SPICY CHICKEN SANDWICH
CHEESE FILLED BREADSTICK WITH MARINARA.

Thursday, January 10

ORANGE CHICKEN BOWL
TURKEY SANDWICH
CHEESE PIZZA

Friday, January 11

CRUNCHY FISH & CHIPS
TERIYAKI CHICKEN BOWL
MACARONI & CHEESE



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "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!

Featured Specials of the Day

Monday, January 14

CHICKEN NUGGETS
CHEESE BURGER
BEAN & CHEESE BURRITO

Tuesday, January 15

CARNITAS TACO
CHEESE PIZZA
PEPPERONI PIZZA.

Wednesday, January 16

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUM STICK
BEEF MEATBALL SANDWICH

Thursday, January 17

BEEF HOT DOG
TERIYAKI CHICKEN BOWL
GRILLED CHEESE SANDWICH.

Friday, January 18

CRUNCHY FISH & CHIPS
TURKEY SANDWICH
CHEESE ENCHILADAS

eat fit

wanna stay fit?

gotta eat right!



item:

**monstro
burger**

verdict:

gulp!?

tip: Notice how the burger in the picture is overwhelming the words "gotta eat right"? There's a lesson there. The burgers just keep growing. One highly-hyped new burger delivers the numbers you see here – and it's not unusual. Know what you're getting yourself into – and don't go for such a burger too often.



Based on a highly-hyped burger from a national chain

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

Please see reverse for items available daily

Featured Specials of the Day

Monday, January 21

School will be closed on Monday, January 21 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 22

BEEF TACO
CHICKEN NUGGET
GRILLED CHEESE.

Wednesday, January 23

TERIYAKI CHICKEN DRUM STICK
SPICY CHICKEN SANDWICH
CHEESE FILLED BREADSTICKS WITH MARINARA

Thursday, January 24

ORANGE CHICKEN BOWL
TURKEY SANDWICH
CHEESE PIZZA.

Friday, January 25

CRUNCHY FISH & CHIPS
TERIYAKI CHICKEN BOWL
MACARONI & CHEESE

Monday, January 28

CHICKEN NUGGETS
CHEESE BURGER
BEAN & CHEESE BURRITO

Tuesday, January 29

CARNITAS TACO
CHEESE PIZZA
PEPPERONI PIZZA.

Wednesday, January 30

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUMSTICK
BEEF MEATBALL SANDWICH

Thursday, January 31

BEEF HOT DOG
TERIYAKI CHICKEN BOWL
GRILLED CHEESE SANDWICH

GO BY THE NUMBERS
THE PERCENTAGE OF TEENS' CAR ACCIDENTS THAT INVOLVE DRIVING WHILE DISTRACTED.