

Menus for January 2019



2018
**Make a Resolution
To Save**

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

Lunch \$3.00

Pay on-line at EZSchoolPay.com.

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



Welcome Back!

We hope you enjoyed your break!

Monday, January 7

**NO SCHOOL
TODAY**

Tuesday, January 8

CHICKEN NUGGETS,
BEEF TACO
OR
GRILLED CHEESE SANDWICH

Wednesday, January 9

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

Thursday, January 10

CHEESE PIZZA,
PEPPERONI PIZZA OR
ORANGE CHICKEN BOWL

Friday, January 11

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

Monday, January 14

CHICKEN NUGGETS,
CHEESE BURGER OR
BEAN & CHEESE BURRITO

Tuesday, January 15

CHEESE PIZZA,
PEPPERONI PIZZA
OR BEEF TACO

Wednesday, January 16

BREAKFAST FOR LUNCH
OR
BBQ CHICKEN DRUMSTICK

Thursday, January 17

BEEF HOT DOG,
TERIYAKI CHICKEN BOWL OR
GRILLED CHEESE SANDWICH

Friday, January 18

FISH STICKS & CHIPS,
TURKEY SANDWICH OR
CHEESE ENCHILADAS
COOKIE

Monday, January 21

**NO SCHOOL
TODAY**

Tuesday, January 22

CHICKEN NUGGETS, BEEF TACO
OR
GRILLED CHEESE SANDWICH

Wednesday, January 23

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

Thursday, January 24

CHEESE PIZZA,
PEPPERONI PIZZA OR
ORANGE CHICKEN BOWL

Friday, January 25

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

Monday, January 28

CHICKEN NUGGETS,
CHEESE BURGER OR
BEAN & CHEESE BURRITO

Tuesday, January 29

CHEESE PIZZA,
PEPPERONI PIZZA
OR BEEF TACO

Wednesday, January 30

BREAKFAST FOR LUNCH
OR
BBQ CHICKEN DRUMSTICK

Thursday, January 31

BEEF HOT DOG,
TERIYAKI CHICKEN BOWL OR
GRILLED CHEESE SANDWICH

**Available
Daily**

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



HELP WANTED!

JOIN OUR TEAM OF
ON-CALL CAFETERIA
STAFF. YOU CAN STILL
BE AVAILABLE WHEN
YOUR FAMILY NEEDS
YOU. CALL RCSd
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