



Menus for

**February  
2019**

**ROSEVILLE CITY SCHOOL  
DISTRICT**

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.**

**K-5 lunch \$3.00**  
**[www.EZSchoolPay.com](http://www.EZSchoolPay.com)**

**YEAR OF THE PIG**

猪



**NUTRITION TO GO**

**Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.**

**A QUICK BITE FOR PARENTS**

Friday, February 1

**Lunch**

FISH STICKS & CHIPS,  
TURKEY SANDWICH  
OR  
CHEESE ENCHILADAS

COOKIES

Monday, February 4

**Lunch**

CHEESE BURGER,  
CORN DOG  
OR  
BEAN & CHEESE BURITTO

Tuesday, February 5

**Lunch**

CHICKEN NUGGETS,  
BEEF TACO  
OR  
GRILLED CHEESE SANDWICH

Wednesday, February 6

**Lunch**

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

Thursday, February 7

**Lunch**

CHEESE PIZZA,  
PEPPERONI PIZZA  
OR  
ORANGE CHICKEN BOWL

Friday, February 8

**Lunch**

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

COOKIES

Monday, February 11

**LINCOLN'S  
BIRTHDAY  
OBSERVED**

**NO SCHOOL  
TODAY**

Tuesday, February 12

**Lunch**

CHEESE PIZZA,  
PEPPERONI PIZZA  
OR  
BEEF TACO

Wednesday, February 13

**Lunch**

BREAKFAST FOR LUNCH  
OR  
BBQ CHICKEN DRUMSTICK

Thursday, February 14

**Lunch**

BEEF HOT DOG,  
TERIYAKI CHICKEN BOWL  
OR  
GRILLED CHEESE SANDWICH

Friday, February 15

**Lunch**

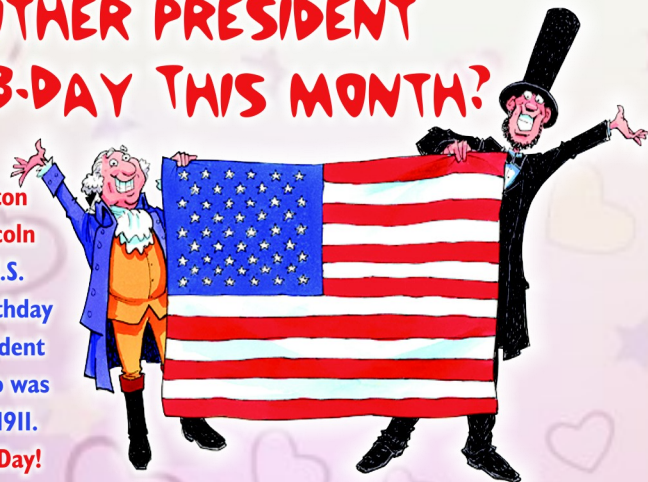
FISH STICKS & CHIPS,  
TURKEY SANDWICH  
OR  
CHEESE ENCHILADAS

COOKIES



# 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, February 18



**NO SCHOOL TODAY**

### Lunch

CHICKEN NUGGETS,  
BEEF TACO  
OR  
GRILLED CHEESE SANDWICH

### Lunch

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

### Lunch

CHEESE PIZZA,  
PEPPERONI PIZZA  
OR  
ORANGE CHICKEN BOWL

### Lunch

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

BIG SPOON YOGURT

Monday, February 25

### Lunch

CHICKEN NUGGETS,  
CHEESE BURGER  
OR  
BEAN & CHEESE BURRITO

Tuesday, February 26

### Lunch

CHEESE PIZZA,  
PEPPERONI PIZZA  
OR  
BEEF TACO

Wednesday, February 27

### Lunch

BREAKFAST FOR LUNCH  
OR  
BBQ CHICKEN DRUMSTICK

Thursday, February 28

### 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!

