

Menus for October 2018

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

Available Daily

Every complete meal we serve comes with the 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

Featured Specials of the Day

Monday, October 1

CHICKEN NUGGETS
EL POLLO TAQUITO
GRILLED CHEESE SANDWICH

Tuesday, October 2

BEEF TACO
CHICKEN PATTY SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, October 3

TERIYAKI CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO
CHEESE BURGER.

Thursday, October 4

ORANGE CHICKEN BOWL
CHICKEN & CHEESE QUESADILLA
VEGETARIAN PENNE PASTA

Friday, October 5

BEEF HOT DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

TAKE A HIKE?

Lots of us are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



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

Featured Specials of the Day

Monday, October 8

CHICKEN NUGGET
TERIYAKI CHICKEN BOWL
GRILLED CHEESE SANDWICH

Tuesday, October 9

BEEF TACO
SPICY CHICKEN SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, October 10

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO

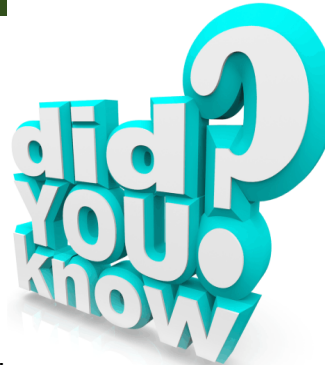
Thursday, October 11

ORANGE CHICKEN BOWL
BEEF MEATBALL SANDWICH
VEGETARIAN PENNE PASTA

Friday, October 12

CORN DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

Over 90% of our menu items, meet the clean label requirements as part of our partnership with the Life Time Found. Check the list online:



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

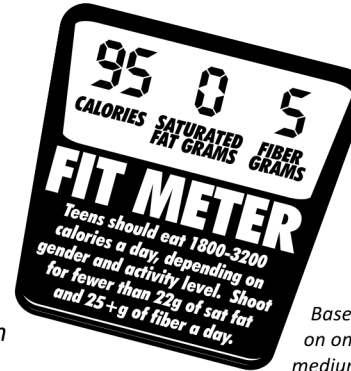
eat fit



wanna stay fit? gotta eat right!

item: fresh apple
verdict: why stop at one a day?

tip: October is a great month for crisp, fresh, local apples in many parts of the U.S., so try to eat one every day. Better yet, eat two and keep a couple of doctors away! Need more incentive? Apples actually help clean your mouth and keep your breath smelling fresh.



Based on one medium apple.

Featured Specials of the Day

Monday, October 22

- CHICKEN NUGGET
- TERIYAKI CHICKEN BOWL
- GRILLED CHEESE SANDWICH

Tuesday, October 23

- BEEF TACO
- SPICY CHICKEN SANDWICH
- CHEESE BREADSTICKS WITH MARINARA

Wednesday, October 24

- BREAKFAST FOR LUNCH
- BBQ CHICKEN DRUMSTICK
- BEAN & CHEESE BURRITO

Thursday, October 25

- ORANGE CHICKEN BOWL
- BEEF MEATBALL SANDWICH
- VEGETARIAN PENNE PASTA

Friday, October 26

- CORN DOG
- CRUNCHY FISH & CHIPS
- MACARONI & CHEESE

Monday, October 29

- CHICKEN NUGGETS
- EL POLLO TAQUITO
- GRILLED CHEESE SANDWICH

Tuesday, October 30

- BEEF TACO
- CHICKEN PATTY SANDWICH
- CHEESE BREADSTICKS WITH MARINARA

Wednesday, October 31

- TERIYAKI CHICKEN DRUMSTICK
- BEAN & CHEESE BURRITO
- CHEESE BURGER.

**Please See Reverse For
Items Available Daily**

LIFETIME FOUNDATION

Healthy school meals and nutrition education brought to you in partnership with the Life Time Foundation
www.ltffoundation.org

**STAY ALERT AND BE
SAFE - IT'S PRETTY
SCARY OUT THERE!**

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19

school lunch lots 2 love

Monday, October 15
CHICKEN NUGGETS
EL POLLO TAQUITO
GRILLED CHEESE SANDWICH

Tuesday, October 16
BEEF TACO
CHICKEN PATTY SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, October 17
TERIYAKI CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO
CHEESE BURGER.

Thursday, October 18
ORANGE CHICKEN BOWL
CHICKEN & CHEESE QUESADILLA
VEGETARIAN PENNE PASTA

Friday, October 19
BEEF HOT DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

school lunch lots 2 love