

MENUS FOR SEPTEMBER 2018

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

Pay for meals on-line at EZSchoolPay.com
Apply for free/reduced price meals at EZMealApp.com.



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

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



LABOR DAY

**NO SCHOOL
MONDAY,
SEPTEMBER 3**



Monday, September 10
CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Tuesday, September 11
CHEESE PIZZA
OR
BEEF TACO

Wed., September 12
BREAKFAST FOR LUNCH
(MINI PANCAKES, HASH
BROWN & YOGURT) OR
BBQ CHICKEN DRUMSTICK

Thursday, September 13
BEAN & CHEESE BURRITO
OR
BEEF HOT DOG

Friday, September 14
NO SCHOOL TODAY

Monday, September 17
CHICKEN NUGGETS
OR
EL POLLO TAQUITO

Tuesday, September 18
BEEF TACO
OR
CHEESEBURGER

Wed., September 19
TERIYAKI CHICKEN
DRUMSTICK
OR
CHICKEN PATTY SANDWICH

Thursday, September 20
CHEESE PIZZA
OR
ORANGE CHICKEN BOWL

Friday, September 21
CRUNCHY FISH STICKS
AND "CHIPS" OR
MACARONI & CHEESE
COOKIE

Monday, September 24
CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Tuesday, September 25
CHEESE PIZZA
OR
BEEF TACO

Wed., September 26
BREAKFAST FOR LUNCH
(MINI PANCAKES, HASH
BROWN & YOGURT) OR
BBQ CHICKEN DRUMSTICK

Thursday, September 27
BEAN & CHEESE BURRITO
OR
BEEF HOT DOG

Friday, September 28
CRUNCHY FISH STICKS
AND "CHIPS" OR
CHEESE ENCHILADAS
COOKIE

DID YOU KNOW?

You can check out the list of menu items that meet the clean label requirements as part of our partnership with the **Life Time Foundation**.

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



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