

Menus for August 2021

ROSEVILLE CITY SCHOOL DISTRICT

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

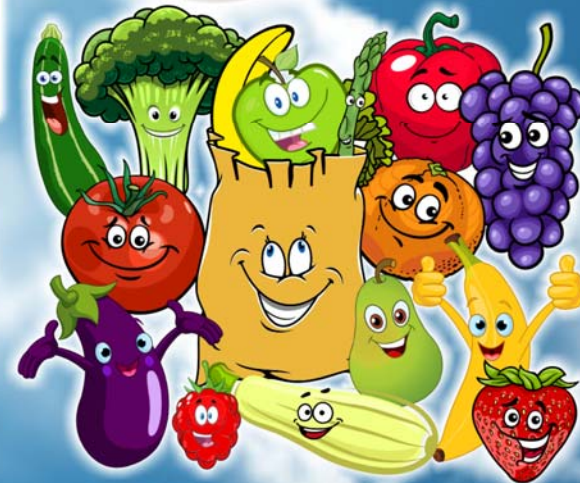


AVAILABLE DAILY

Every complete meal we serve comes an entrée, vegetable, fruit and choice of low fat white or non-fat chocolate milk.



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast CHEESE BREADSTICKS OR CONTINENTAL BREAKFAST	Breakfast PIGLETS IN A BLANKET OR CONTINENTAL BREAKFAST	Breakfast BREAKFAST PIZZA OR CONTINENTAL BREAKFAST	Breakfast FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST	Breakfast EGG AND CHEESE BREAKFAST TACO OR CONTINENTAL BREAKFAST
Lunch PEPPERONI PIZZA OR CHEESE PIZZA	Lunch CHICKEN NUGGETS OR GRILLED CHEESE SANDWICH	Lunch CORN DOG OR BEAN AND CHEESE BURRITO	Lunch TURKEY TACO POCKET OR GRILLED CHEESE SANDWICH	Lunch CHEESEBURGER SLIDERS OR BEAN AND CHEESE BURRITO COOKIE



Try to eat a
RAINBOW
of different colors!

HELP WANTED!
Join our team of cafeteria staff. You can still be available when your family needs you. CALL TODAY FOR MORE INFORMATION!
(916) 771-1675



CAN IT.

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



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html