

Menus for November 2018

RCS D 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

Thursday, November 1

NO SCHOOL

Friday, November 2

NO SCHOOL

Monday, November 5

CHICKEN NUGGETS

CHEESEBURGER

BEAN & CHEESE BURRITO

Tuesday, November 6

BEEF TACO

CARNITAS

CHEESE PIZZA

Wednesday, November 7

BREAKFAST FOR LUNCH

BBQ CHICKEN DRUMSTICK

MEATBALL SANDWICH

Thursday, November 8

BEEF HOT DOG

TERIYAKI CHICKEN BOWL

GRILLED CHEESE SANDWICH

Friday, November 9

CRUNCHY FISH & CHIPS

TURKEY SANDWICH

CHEESE ENCHILADAS

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>

WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.



51 BY THE NUMBERS
IN 2017, AN ESTIMATED 51 MILLION AMERICANS JOURNEYED AT LEAST 50 MILES FROM HOME FOR THANKSGIVING.

ANIMAL APPETITES

Featured Specials of the Day

Monday, November 12

CHEESEBURGER
BEAN & CHEESE BURRITO
CORN DOG

Tuesday, November 13

BEEF TACO
CHICKEN NUGGETS
GRILLED CHEESE SANDWICH

Wednesday, November 14

TERIYAKI CHICKEN DRUMSTICK
SPICY CHICKEN SANDWICH
CHEESE FILLED BREADSTICKS WITH MARINARA

Thursday, November 15

ORANGE CHICKEN BOWL
TURKEY SANDWICH
CHEESE PIZZA

Friday, November 16

CRUNCHY FISH & CHIPS
TERIYAKI CHICKEN BOWL
MACARONI & CHEESE.



**ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!**

LIFE TIME FOUNDATION

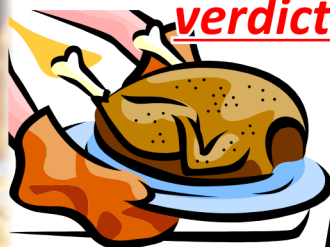
Healthy school meals and nutrition
education brought to you in partnership
with the Life Time Foundation
www.ltffoundation.org

**Please see reverse for
items available daily**

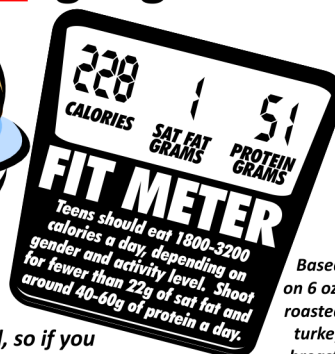
eat fit

wanna stay fit?
gotta eat right!

item: oven-roasted turkey
verdict: get gobblin'!



tip: Good news! Turkey is healthy! The skin adds lots of calories, but the fat in the skin is mostly the healthy kind, so if you like it, have a little. It's a holiday!



Based on 6 oz. roasted turkey breast, without skin

Featured Specials of the Day

Monday, November 26

CHEESEBURGER
BEAN & CHEESE BURRITO
CORN DOG

Tuesday, November 27

BEEF TACO
CHICKEN NUGGETS
GRILLED CHEESE SANDWICH

Wednesday, November 28

TERIYAKI CHICKEN DRUMSTICK
SPICY CHICKEN SANDWICH
CHEESE FILLED BREADSTICKS WITH MARINARA

Thursday, November 29

ORANGE CHICKEN BOWL
TURKEY SANDWICH
CHEESE PIZZA

Friday, November 30

CRUNCHY FISH & CHIPS
TERIYAKI CHICKEN BOWL
MACARONI & CHEESE.

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories - and enjoy some fresh air, too!



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