

Menus for September 2018

ROSEVILLE CITY SCHOOL DISTRICT MIDDLE SCHOOL MENU

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)

GET YOUR MORNING OFF TO A GOOD START! BREAKFAST IS SERVED DAILY AT ALL MIDDLE SCHOOLS FOR ONLY \$1.25

EZSchoolPay.com

SIMPLE, SAFE & SECURE

BREAKFAST

\$1.25

LUNCH

\$3.25

Pay for meals on-line at **EZSchoolPay.com!**

LIFETIME FOUNDATION

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

www.ltfoundation.org

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>

Featured Specials of the Day

Monday, September 3

★ **LABOR DAY** ★

Tuesday, September 4

BEEF TACO WITH REFRIED BEANS
CHICKEN PATTY SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, September 5

TERIYAKI CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO
CHEESEBURGER

Thursday, September 6

ORANGE CHICKEN BOWL
CHICKEN & CHEESE QUESADILLA
VEGETARIAN PENNE PASTA

Friday, September 7

BEEF HOT DOG
CRUNCHY FISH AND CHIPS
MACARONI AND CHEESE

Featured Specials of the Day

Monday, September 10

CHICKEN NUGGETS
GRILLED CHEESE SANDWICH
TURKEY TACO POCKET

Tuesday, September 11

BEEF TACO WITH REFRIED BEANS
SPICY CHICKEN SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, September 12

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO

Thursday, September 13

ORANGE CHICKEN BOWL
BEEF MEATBALL SANDWICH
VEGETARIAN PENNE PASTA

Friday, September 14

NO SCHOOL TODAY

195.7 BY THE NUMBERS
THE AVERAGE AMERICAN ADULT MALE WEIGHS 195.7 POUNDS.
AVERAGE ADULT FEMALE 168.5

★ OUR NATION'S HISTORY ★

Christa McAuliffe was a high school teacher in New Hampshire when she was chosen from more than 11,000 applicants to be the first teacher in space.

She, along with six other crew members, was killed when the Space Shuttle Challenger broke apart soon after taking off on January 28, 1986.

She had taught Social Studies and even designed a class for her students called "The American Woman." Christa was born on September 2, 1948 and would have been 70 years old this month.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Please see reverse for items available daily



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!**

eat fit

**wanna stay fit?
gotta eat right!**



item: pickles
verdict: pick me!

tip: The healthiest part of any fast food sandwich is the pickles! In fact, a nice crispy dill pickle spear or two is a fantastic snack, although they are pretty high in sodium. A dill pickle spear even counts as a 1/4 cup serving of veggies – they're made from cucumbers!



Based on one typical dill pickle spear

Featured Specials of the Day

Monday, September 17

CHICKEN NUGGETS
EL POLLO TAQUITO
GRILLED CHEESE SANDWICH.

Tuesday, September 18

BEEF TACO WITH REFRIED BEANS
CHICKEN PATTY SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, September 19

TERIYAKI CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO
CHEESEBURGER

Thursday, September 20

ORANGE CHICKEN BOWL
CHICKEN & CHEESE QUESADILLA
VEGETARIAN PENNE PASTA

Friday, September 21

BEEF HOT DOG
CRUNCHY FISH AND CHIPS
MACARONI AND CHEESE

Featured Specials of the Day

Monday, September 24

CHICKEN NUGGETS
GRILLED CHEESE SANDWICH
TURKEY TACO POCKET

Tuesday, September 25

BEEF TACO WITH REFRIED BEANS
SPICY CHICKEN SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, September 26

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO

Thursday, September 27

ORANGE CHICKEN BOWL
BEEF MEATBALL SANDWICH
VEGETARIAN PENNE PASTA

Friday, September 28

CHICKEN CORN DOG
CRUNCHY FISH AND CHIPS
MACARONI AND CHEESE