

BACK TO SCHOOL

Menus for August 2018

ROSEVILLE CITY SCHOOL DISTRICT

$E=mc^2$ $F=ma$ $S=\pi R^2$

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

DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

ROSEVILLE CITY SCHOOL DISTRICT
FOOD & NUTRITION SERVICES

The original value meal & still a fantastic deal!

Breakfast **Lunch**
\$1.25 **\$3.25**

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

21 BY THE NUMBERS
AS OF JULY 2016, THE RESIDENT POPULATION OF AMERICA INCLUDED 21 MILLION TEENS AGED 15-19.

Featured Specials of the Day

Thursday, August 9

ORANGE CHICKEN BOWL
CHICKEN & CHEESE QUESADILLA
VEGETARIAN PENNE PASTA

Friday, August 10

BEEF HOT DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

(AUGUST DAILY SPECIALS CONTINUED ON NEXT PAGE)

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

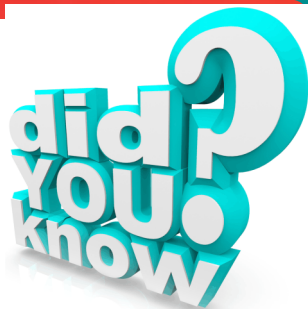
**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will again feature regular Wellness tips, showing how diet, exercise, and taking care of yourself can help ensure that you stay healthy and at the top of your game!

Over 80% of our menu items, and counting, meet the clean label requirements as part of our partnership with the Life Time Foundation.

www.ltfoundation.org



Featured Specials of the Day

Monday, August 13

CHICKEN NUGGETS
GRILLED CHEESE SANDWICH
TURKEY TACO POCKET.

Tuesday, August 14

ALL NATURAL BEEF TACO
SPICY CHICKEN SANDWICH
CHEESE BREADSTICKS WITH MARINARA.

Wednesday, August 15

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO

Thursday, August 16

ORANGE CHICKEN BOWL
BEEF MEATBALL SANDWICH
VEGETARIAN PENNE PASTA

Friday, August 17

CHICKEN CORN DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

Featured Specials of the Day

Monday, August 20

CHICKEN NUGGETS
EL POLLO TAQUITO
GRILLED CHEESE SANDWICH

Tuesday, August 21

ALL NATURAL BEEF TACO
CHICKEN PATTY SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, August 22

TERIYAKI CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO
CHEESEBURGER

Thursday, August 23

ORANGE CHICKEN BOWL
CHICKEN & CHEESE QUESADILLA
VEGETARIAN PENNE PASTA.

Friday, August 24

BEEF HOT DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

WE'RE LOOKING
FOR A FEW
EXTRA
SETS
OF
HANDS.



JOIN OUR TEAM OF ON-CALL CAFETERIA STAFF. YOU CAN STILL BE AVAILABLE WHEN YOUR FAMILY NEEDS YOU. CALL TODAY FOR MORE INFORMATION!

(916) 771-1675

Featured Specials of the Day

Monday, August 27

CHICKEN NUGGET
EL POLLO TAQUITO
GRILLED CHEESE SANDWICH.

Tuesday, August 28

ALL NATURAL BEEF TACO
SPICY CHICKEN SANDWICH
CHEESE BREADSTICKS WITH MARINARA

Wednesday, August 29

BREAKFAST FOR LUNCH
BBQ CHICKEN DRUMSTICK
BEAN & CHEESE BURRITO

Thursday, August 30

ORANGE CHICKEN BOWL
BEEF MEATBALL SANDWICH
VEGETARIAN PENNE PASTA

Friday, August 31

CHICKEN CORN DOG
CRUNCHY FISH & CHIPS
MACARONI & CHEESE

eatfit wanna stay fit?
gotta eat right!

item: ice cream

verdict: not a
daily routine



tip: We all might scream for it, but your body will scream at you if you eat too much. An occasional treat, not an every day choice.

Based on a waffle cone with 3 scoops of ice cream

Please see reverse for items available daily