

# K-5 Menus for NOVEMBER 2018

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.

**BREAKFAST \$1.25**

**K-5 LUNCH \$3.00**

[www.EZSchoolPay.com](http://www.EZSchoolPay.com)



**DON'T FORGET!**



**SUNDAY, NOV. 4**

Over 90% of our menu items, meet the clean label requirements as part of our partnership with Life Time Foundation. Check the list online:



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

**Monday, November 5**

### Breakfast

ZUCCHINI BREAD,  
CHOCOLATE CHIP SCONES OR  
CONTINENTAL BREAKFAST

### Lunch

CHICKEN NUGGETS,  
CHEESE BURGER OR  
BEAN & CHEESE BURRITO

**Tuesday, November 6**

### Breakfast

PIGLETS IN A BLANKET,  
YOGURT PARFAIT OR  
CONTINENTAL BREAKFAST

### Lunch

CHEESE PIZZA,  
PEPPERONI PIZZA OR  
BEEF TACO

**Wed., November 7**

### Breakfast

CINNAMON ROLL,  
ORANGE SCONES,  
YOGURT PARFAIT OR  
CONTINENTAL BREAKFAST

### Lunch

BREAKFAST FOR LUNCH  
(MINI PANCAKES, HASH  
BROWN & CHOICE OF  
YOGURT OR SAUSAGE) OR  
BBQ CHICKEN DRUMSTICK

**Thursday, November 8**

### Breakfast

BREAKFAST TACO,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR OR  
CONTINENTAL BREAKFAST

### Lunch

BEEF HOT DOG,  
TERIYAKI CHICKEN BOWL  
OR  
GRILLED CHEESE SANDWICH

**Friday, November 9**

### Breakfast

BREAKFAST BAGEL,  
LEMON SCONES,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR OR  
CONTINENTAL BREAKFAST

### Lunch

FISH STICKS & CHIPS,  
TURKEY SANDWICH OR  
CHEESE ENCHILADAS

COOKIES

## 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!**

**Monday, November 12**

## NO SCHOOL



**PLEASE JOIN US IN  
SAYING THANKS TO  
THOSE WHO HAVE  
SERVED THE CAUSE  
OF FREEDOM**

**Tuesday, November 13**

### Breakfast

FRENCH TOAST STICKS,  
YOGURT PARFAIT OR  
CONTINENTAL BREAKFAST

### Lunch

CHICKEN NUGGETS,  
BEEF TACO OR  
GRILLED CHEESE SANDWICH

**Wed., November 14**

### Breakfast

BREAKFAST PIZZA,  
ORANGE SCONES,  
YOGURT PARFAIT OR  
CONTINENTAL BREAKFAST

### Lunch

TERIYAKI CHICKEN  
DRUMSTICK, CHICKEN PATTY  
SANDWICH OR  
CHEESE FILLED BREAD STICKS  
WITH MARINARA

**Thursday, November 15**

### Breakfast

CHEESE BREADSTICKS,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR OR  
CONTINENTAL BREAKFAST

### Lunch

CHEESE PIZZA,  
PEPPERONI PIZZA OR  
ORANGE CHICKEN BOWL

**Friday, November 16**

### Breakfast

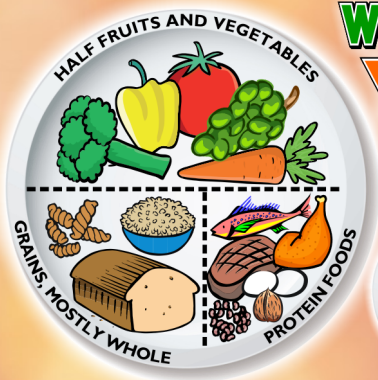
COFFEE CAKE, LEMON SCONES,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR, OR  
CONTINENTAL BREAKFAST

### Lunch

FISH STICKS & CHIPS,  
TERIYAKI CHICKEN BOWL OR  
MACARONI AND CHEESE

HOLIDAY COOKIE

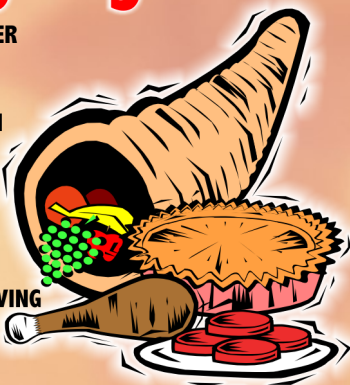




What's on  
**YOUR**  
plate?

**Find the two dozen  
Thanksgiving words!**

AMERICA COLONY COOK CORN ENGLAND FALL FAMILY FEAST FREEDOM GRAVY HARVEST MAIZE  
MAYFLOWER PIE PILGRIMS PLYMOUTH PUMPKIN SAIL SETTLERS SQUASH STUFFING THANKSGIVING TURKEY YAMS



S M K E Y D E Z I A M C N N  
P U M P K I N G G K A O G Z  
M C M R G L G M C O L O N Y  
O M O C R H L F F T T K I X  
B I D S Q U A S H S E D V P  
A S E C O R N M A E A D I I  
J E E I P A D E E V G W G L  
E N R T I L F M Y R N J S G  
O O F M T K Y E S A I L K R  
O C D R G L K M E H F C N I  
L I I P I R E W O L F Y A M  
B S G M U L A R B U U W H S  
Z F A T P O D V S I T U T A  
J F A L L S M A Y H S H Z B



**Monday, November 26**

**Breakfast**

LARGE BENEFIT BAR,  
CHOCOLATE CHIP SCONES OR  
CONTINENTAL BREAKFAST

**Lunch**

CHEESE BURGER,  
CORN DOG OR  
BEAN & CHEESE BURRITO

**Tuesday, November 27**

**Breakfast**

FRENCH TOAST STICKS,  
YOGURT PARFAIT OR  
CONTINENTAL BREAKFAST

**Lunch**

CHICKEN NUGGETS,  
BEEF TACO OR  
GRILLED CHEESE SANDWICH

**Wed., November 28**

**Breakfast**

BREAKFAST PIZZA,  
ORANGE SCONES,  
YOGURT PARFAIT OR  
CONTINENTAL BREAKFAST

**Lunch**

TERIYAKI CHICKEN  
DRUMSTICK, CHICKEN PATTY  
SANDWICH OR  
CHEESE FILLED BREAD STICKS  
WITH MARINARA

**Thursday, November 29**

**Breakfast**

CHEESE BREADSTICKS,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR OR  
CONTINENTAL BREAKFAST

**Lunch**

CHEESE PIZZA,  
PEPPERONI PIZZA OR  
ORANGE CHICKEN BOWL

**Friday, November 30**

**Breakfast**

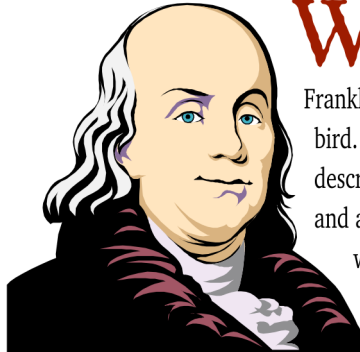
COFFEE CAKE, LEMON SCONES,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR, OR  
CONTINENTAL BREAKFAST

**Lunch**

FISH STICKS & CHIPS,  
TERIYAKI CHICKEN BOWL OR  
MACARONI AND CHEESE

BIG SPOON YOGURT

**★ OUR NATION'S HISTORY ★**



**W**hen the bald eagle was adopted as a national emblem in 1782, Ben Franklin opposed the choice of that "cowardly" bird. His choice? The noble turkey, which he described as "a much more respectable bird, and a true original Native of America, which would not hesitate to attack a British Soldier who should presume to invade his farm yard with a red coat on."

**★ WITH LIBERTY & JUSTICE FOR ALL ★**

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FOUNDATION**

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[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)