

MENUS FOR SEPTEMBER 2018

ROSEVILLE CITY SCHOOL DISTRICT

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

Lunch \$3.00

Pay on-line at www.EZSchoolPay.com



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!**

★ 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 ★

Tuesday, September 4

Breakfast

FRENCH TOAST STICKS,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

BEEF TACO
OR
CHEESEBURGER

Wed., September 5

Breakfast

BREAKFAST PIZZA,
ORANGE SCONE,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

TERIYAKI CHICKEN
DRUMSTICK
OR
CHICKEN PATTY SANDWICH

Thursday, September 6

Breakfast

CHEESE BREADSTICKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
ORANGE CHICKEN BOWL

Friday, September 7

Breakfast

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

Lunch

CRUNCHY FISH STICKS
AND "CHIPS"
OR
MACARONI & CHEESE
COOKIE

Monday, September 10

Breakfast

ZUCCHINI BREAD,
CHOCOLATE CHIP SCONE OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Tuesday, September 11

Breakfast

PIGLETS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
BEEF TACO

Wed., September 12

Breakfast

CINNAMON ROLL,
ORANGE SCONE,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

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

Thursday, September 13

Breakfast

BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO
OR
BEEF HOT DOG

Friday, September 14



**No
School
Today**

Monday, September 17

Breakfast
LARGE BENEFIT BAR,
CHOCOLATE CHIP Scone OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS
OR
EL POLLO TAQUITO

Tuesday, September 18

Breakfast
FRENCH TOAST STICKS,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
BEEF TACO
OR
CHEESEBURGER

Wed., September 19

Breakfast
BREAKFAST PIZZA,
ORANGE Scone,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
TERIYAKI CHICKEN
DRUMSTICK
OR
CHICKEN PATTY SANDWICH

Thursday, September 20

Breakfast
CHEESE BREADSTICKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
ORANGE CHICKEN BOWL

Friday, September 21

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

Lunch
CRUNCHY FISH STICKS
AND "CHIPS"
OR
MACARONI & CHEESE
COOKIE

Monday, September 24

Breakfast
ZUCCHINI BREAD,
CHOCOLATE CHIP Scone OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Tuesday, September 25

Breakfast
PIGLETS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF TACO

Wed., September 26

Breakfast
CINNAMON ROLL,
ORANGE Scone,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

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

Thursday, September 27

Breakfast
BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
BEEF HOT DOG

Friday, September 28

Breakfast
BREAKFAST BAGEL,
LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch
CRUNCHY FISH STICKS
AND "CHIPS"
OR
CHEESE ENCHILADAS
COOKIE



**What does
a pickle
start out
as and
how
does
it become
a pickle?**



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

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



Johnny Appleseed's real name was John Chapman. He was born on September 26, 1774. He was a "nurseryman," someone who plants and tends trees. He got his nickname by introducing the apple tree to large parts of Ohio, Indiana, and Illinois.



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>



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