

MENUS FOR SEPTEMBER 2019

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

ATTENTION:

Pay for meals on-line at EZSchoolPay.com.

Apply on-line for free and reduced-price meals at

Www.EZMealApp.com

★ 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 ★

Monday, September 2



No School

Tuesday, September 3

Breakfast
FRENCH TOAST,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Wed., September 4

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

Lunch
CHICKEN PATTY SANDWICH
OR
CHEESE BREADSTICKS WITH
MARINARA SAUCE

Thursday, September 5

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

Lunch
ORANGE CHICKEN BOWL
OR
CHEESE PIZZA

Friday, September 6

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

Lunch
FISH & CHIPS
OR
CHEESE ENCHILADAS

COOKIE

Monday, September 9

Breakfast
ZUCCHINI BREAD,
CHOCOLATE CHIP SCONE
OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS
OR
BEAN & CHEESE BURRITO

Tuesday, September 10

Breakfast
PIGS IN A BLANKET,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
BEEF TACO
OR
CHEESE PIZZA

Wed., September 11

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

Lunch
BBQ CHICKEN DRUM STICK
OR
BREAKFAST FOR LUNCH

Thursday, September 12

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

Lunch
CORN DOG
OR
GRILLED CHEESE

Friday, September 13



**No
School
Today**

Monday, September 16

Breakfast

BENEFIT BAR FULL SIZE,
CHOCOLATE CHIP SCONE
OR
CONTINENTAL BREAKFAST

Lunch

CHEESEBURGER
OR
BEAN & CHEESE BURRITO

Tuesday, September 17

Breakfast

FRENCH TOAST,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Wed., September 18

Breakfast

BREAKFAST PIZZA,
ORANGE SCONE,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN PATTY SANDWICH
OR
CHEESE BREADSTICKS WITH
MARINARA SAUCE

Thursday, September 19

Breakfast

BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR
OR
CONTINENTAL BREAKFAST

Lunch

ORANGE CHICKEN BOWL
OR
CHEESE PIZZA

Friday, September 20

Breakfast

COFFEE CAKE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR
OR
CONTINENTAL BREAKFAST

Lunch

FISH & CHIPS
OR
CHEESE ENCHILADAS

COOKIE

Monday, September 23

Breakfast

ZUCCHINI BREAD,
CHOCOLATE CHIP SCONE
OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS
OR
BEAN & CHEESE BURRITO

Tuesday, September 24

Breakfast

PIGS IN A BLANKET,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

BEEF TACO
OR
CHEESE PIZZA

Wed., September 25

Breakfast

CINNAMON ROLL,
ORANGE SCONE,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

BBQ CHICKEN DRUM STICK
OR
BREAKFAST FOR LUNCH

Thursday, September 26

Breakfast

CHEESE BREADSTICKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR
OR
CONTINENTAL BREAKFAST

Lunch

CORN DOG
OR
GRILLED CHEESE

Friday, September 27

Breakfast

BREAKFAST PIZZA,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR
OR
CONTINENTAL BREAKFAST

Lunch

TURKEY SANDWICH
OR
MACARONI & CHEESE

COOKIE

Monday, September 30

Breakfast

BENEFIT BAR FULL SIZE,
CHOCOLATE CHIP SCONE
OR
CONTINENTAL BREAKFAST

Lunch

CHEESEBURGER
OR
BEAN & CHEESE BURRITO



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.



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