

MENUS FOR AUGUST 2019

ROSEVILLE CITY SCHOOL DISTRICT

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



The original value meal & still a fantastic deal!

Breakfast K-5 Lunch

\$1.25 \$3.00



Thursday, August 8

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

Lunch
ORANGE CHICKEN BOWL
OR
CHEESE PIZZA

Friday, August 9

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

Lunch
FISH & CHIPS
OR
CHEESE ENCHILADAS

CHOCOLATE CHIP COOKIE

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

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.**

Monday, August 12

Breakfast
ZUCCHINI BREAD,
CHOCOLATE CHIP SCONES
OR
CONTINENTAL BREAKFAST

Lunch
CHICKEN NUGGETS
OR
BEAN & CHEESE BURRITO

Tuesday, August 13

Breakfast
PIGS IN A BLANKET,
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
BEEF TACO
OR
CHEESE PIZZA

Wednesday, August 14

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

Lunch
BBQ CHICKEN DRUMSTICK
OR
BREAKFAST FOR LUNCH

Thursday, August 15

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

Lunch
CORN DOG
OR
GRILLED CHEESE

Friday, August 16

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

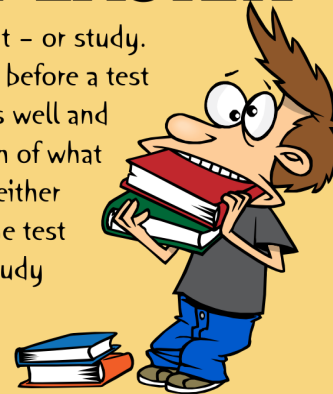
Lunch
TURKEY SANDWICH
OR
MACARONI & CHEESE

HOLIDAY COOKIE



LEARN EASIER

Cramming is no way to eat – or study. When you cram the night before a test or quiz, you don't learn as well and you don't remember much of what you take in for very long either – maybe not even until the test the next day. Better to study for a shorter period for each of several nights before the big day.



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| Monday, August 19 Breakfast BENEFIT BAR FULL SIZE, CHOCOLATE CHIP SCONE OR CONTINENTAL BREAKFAST Lunch CHEESEBURGER OR BEAN & CHEESE BURRITO | Tuesday, August 20 Breakfast FRENCH TOAST, YOGURT PARFAIT OR CONTINENTAL BREAKFAST Lunch CHICKEN NUGGETS OR GRILLED CHEESE | Wednesday, August 21 Breakfast BREAKFAST PIZZA, ORANGE SCONE, YOGURT PARFAIT OR CONTINENTAL BREAKFAST Lunch CHICKEN PATTY SANDWICH OR CHEESE BREAKSTICKS WITH MARINARA SAUCE | Thursday, August 22 Breakfast BREAKFAST TACO, STRAWBERRY SMOOTHIE WITH BENEFIT BAR OR CONTINENTAL BREAKFAST Lunch ORANGE CHICKEN BOWL OR CHEESE PIZZA | Friday, August 23 Breakfast COFFEE CAKE, STRAWBERRY SMOOTHIE WITH BENEFIT BAR OR CONTINENTAL BREAKFAST Lunch FISH & CHIPS OR CHEESE PIZZA CHOCOLATE CHIP COOKIE |
| Monday, August 26 Breakfast ZUCCHINI BREAD, CHOCOLATE CHIP SCONE OR COTINENTAL BREAKFAST Lunch CHICKEN NUGGETS OR BEAN & CHEESE BURRITO | Tuesday, August 27 Breakfast PIGS IN A BLANKET, YOGURT PARFAIT OR CONTINENTAL BREAKFAST Lunch BEEF TACO OR CHEESE PIZZA | Wednesday, August 28 Breakfast CINNAMON ROLL, ORANGE SCONE, YOGURT PARFAIT OR CONTINENTAL BREAKFAST Lunch BBQ CHICKEN DRUMSTICK OR BREAKFAST FOR LUNCH | Thursday, August 29 Breakfast CHEESE BREADSTICKS, STRAWBERRY SMOOTHIE WITH BENEFIT BAR OR CONTINENTAL BREAKFAST Lunch CORN DOG OR GRILLED CHEESE | Friday, August 30 Breakfast BREAKFAST PIZZA, STRAWBERRY SMOOTHIE WITH BENEFIT BAR OR CONTINENTAL BREAKFAST Lunch TURKEY SANDWICH OR MACARONI & CHEESE BIG SPOON YOGURT |

DON'T 4 GET!

To make a lunch, choose at least one

OR

and 3-5 items total

ROSEVILLE CITY SCHOOL DISTRICT



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!