

Menus for

# NOVEMBER 2019

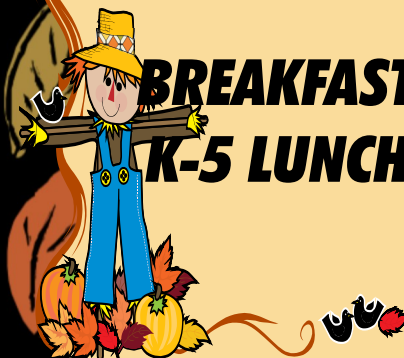
## ROSEVILLE CITY SCHOOL DISTRICT

RCSD is an equal opportunity provider  
Menus are subject to change



AVAILABLE DAILY

Every complete meal we serve comes with the choice of entrée, garden bar and your choice of low fat white or chocolate milk.



**BREAKFAST \$1.25**  
**K-5 LUNCH \$3.00**

Monday, November 4

**Breakfast**

ZUCCHINI BREAD,  
CHOCOLATE CHIP SCONES  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHICKEN NUGGETS  
OR  
BEAN & CHEESE BURRITO

Tuesday, November 5

**Breakfast**

PIGS IN A BLANKET,  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**

BEEF TACO  
OR  
CHEESE PIZZA

Wednesday, November 6

**Breakfast**

CINNAMON ROLL,  
ORANGE SCONES,  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**

BBQ CHICKEN DRUMSTICK  
OR  
BREAKFAST FOR LUNCH

Thursday, November 7

**Breakfast**

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

**Lunch**

TURKEY & GRAVY WITH  
MASHED POTATOES  
OR  
GRILLED CHEESE

Friday, November 8

**Breakfast**

BREAKFAST PIZZA,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR  
OR  
CONTINENTAL BREAKFAST

**Lunch**

TURKEY SANDWICH  
OR  
MACARONI & CHEESE  
  
COOKIE

Monday, November 11

**No school  
in observance  
of  
Veterans day**

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

Tuesday, November 12

**Breakfast**

FRENCH TOAST,  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHICKEN NUGGETS  
OR  
GRILLED CHEESE

Wednesday, November 13

**Breakfast**

BREAKFAST PIZZA,  
ORANGE SCONES,  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHICKEN PATTY SANDWICH  
OR  
CHEESE BREADSTICKS WITH  
MARINARA SAUCE

Thursday, November 14

**Breakfast**

BREAKFAST TACO,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR  
OR  
CONTINENTAL BREAKFAST

**Lunch**

ORANGE CHICKEN BOWL  
OR  
CHEESE PIZZA

Friday, November 15

**Breakfast**

COFFEE CAKE,  
STRAWBERRY SMOOTHIE  
WITH BENEFIT BAR  
OR  
CONTINENTAL BREAKFAST

**Lunch**

FISH & CHIPS  
OR  
CHEESE  
ENCHILADAS  
  
COOKIE

**Word of the Month**

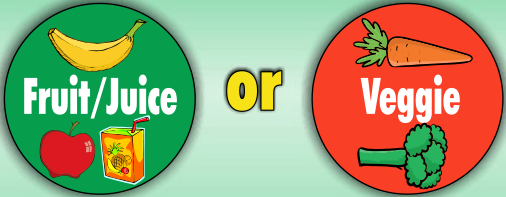
hum·ble

adj. 1. marked by modesty in behavior or attitude 2. not arrogant; lacking in false pride 3. unpretentious



# DON'T 4 GET!

To make a lunch,  
choose at least one



## PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family-YOURS!



And Thanksgiving weekend is the perfect time to start!

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

Monday, November 18

**Breakfast**  
ZUCCHINI BREAD,  
CHOCOLATE CHIP SCONES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHICKEN NUGGETS  
OR  
BEAN & CHEESE BURRITO

Tuesday, November 19

**Breakfast**  
PIGS IN A BLANKET,  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEEF TACO  
OR  
CHEESE PIZZA

Wednesday, November 20

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

**Lunch**  
BBQ CHICKEN DRUMSTICK  
OR  
BREAKFAST FOR LUNCH

Thursday, November 21

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

**Lunch**  
TURKEY & GRAVY WITH  
MASHED POTATOES  
OR  
GRILLED CHEESE

Friday, November 22

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

**Lunch**  
TURKEY SANDWICH  
OR  
MACARONI & CHEESE  
  
HOLIDAY COOKIE

# Thanksgiving

**ENJOY YOUR HOLIDAY!!**

**NO SCHOOL-NOVEMBER 25TH -29TH!**

**SEE YOU BACK ON DECEMBER 2ND!!**