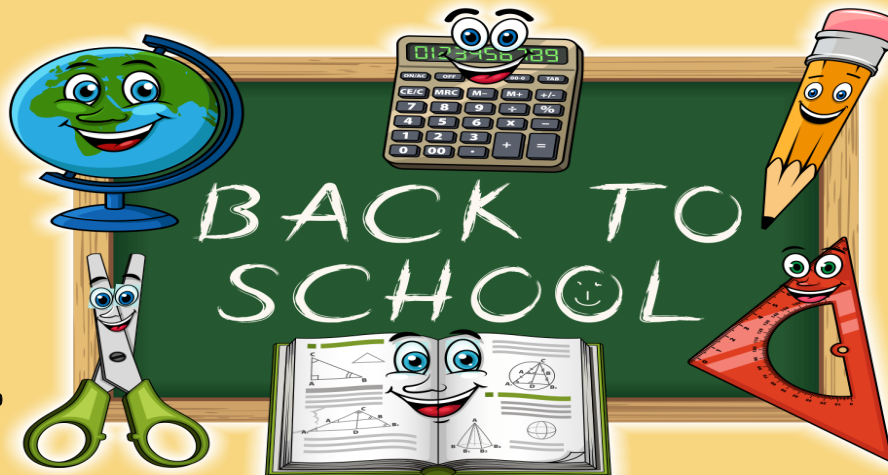


MENUS FOR AUGUST 2019

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

Lunch
ORANGE CHICKEN BOWL
OR
CHEESE PIZZA

Friday, August 9

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

Lunch
CHICKEN NUGGETS
OR
BEAN & CHEESE BURRITO

Tuesday, August 13

Lunch
BEEF TACO
OR
CHEESE PIZZA

Wednesday, August 14

Lunch
BBQ CHICKEN DRUMSTICK
OR
BREAKFAST FOR LUNCH

Thursday, August 15

Lunch
CORN DOG
OR
GRILLED CHEESE

Friday, August 16

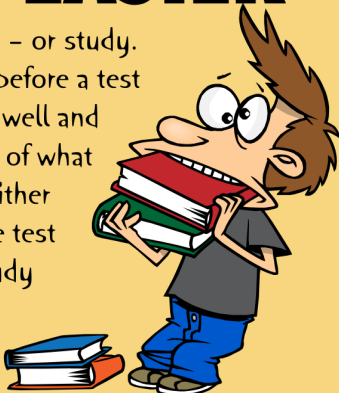
Lunch
TURKEY SANDWICH
OR
MACARONI & CHEESE

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.



Monday, August 19 Lunch CHEESEBURGER OR BEAN & CHEESE BURRITO	Tuesday, August 20 Lunch CHICKEN NUGGETS OR GRILLED CHEESE	Wednesday, August 21 Lunch CHICKEN PATTY SANDWICH OR CHEESE BREAKSTICKS WITH MARINARA SAUCE	Thursday, August 22 Lunch ORANGE CHICKEN BOWL OR CHEESE PIZZA	Friday, August 23 Lunch FISH & CHIPS OR CHEESE PIZZA CHOCOLATE CHIP COOKIE
Monday, August 26 Lunch CHICKEN NUGGETS OR BEAN & CHEESE BURRITO	Tuesday, August 27 Lunch BEEF TACO OR CHEESE PIZZA	Wednesday, August 28 Lunch BBQ CHICKEN DRUMSTICK OR BREAKFAST FOR LUNCH	Thursday, August 29 Lunch CORN DOG OR GRILLED CHEESE	Friday, August 30 Lunch TURKEY SANDWICH OR MACARONI & CHEESE BIG SPOON YOGURT

DON'T GET!

To make a lunch, choose at least one

Fruit/Juice

or

Veggie

Grains

Milk

Protein

Fruit/Juice

Vegetables

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!