

# 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

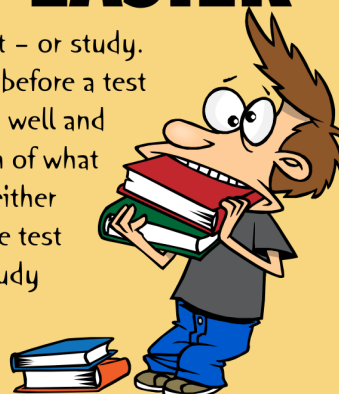
Friday, August 16

**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.



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

**and 3-5 items total**

**Fruit/Juice**

**Vegetables**

**ROSEVILLE CITY SCHOOL DISTRICT**



## CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. 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!**