

**BACK TO SCHOOL**

Menus for August 2019

ROSEVILLE CITY SCHOOL DISTRICT

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

**DON'T 4 GET!**

To make a lunch, choose at least one

**Fruit/Juice** or **Veggie**

**Grains** **Milk** **Protein**

**Fruit/Juice** **and 3-5 items total** **Vegetables**

ROSEVILLE CITY SCHOOL DISTRICT  
FOOD & NUTRITION SERVICES

**Featured Specials of the Day**

**Thursday, August 8**  
ORANGE CHICKEN BOWL  
OR  
WHOLE WHEAT VEGETABLE PASTA

**Friday, August 9**  
BEEF HOT DOG  
OR  
MACARONI & CHEESE

**Available Daily**

*Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.*

**Other daily LUNCH options:**  
DELI SANDWICHES  
LARGE SALADS  
PIZZA (selected varieties)  
And other Chef's Choices

**GET YOUR MORNING OFF TO A GOOD START! BREAKFAST IS SERVED DAILY AT ALL MIDDLE SCHOOLS**

**The original value meal & still a fantastic deal!**

**Breakfast** **Lunch**

**\$1.25** **\$3.25**

Pay for meals on-line at [EZSchoolPay.com](http://EZSchoolPay.com).  
Apply on-line for free and reduced-price meals at [www.EZMealApp.com](http://www.EZMealApp.com)

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will again feature regular Wellness tips, showing how diet, exercise, and taking care of yourself can help ensure that you stay healthy and at the top of your game!*



**Welcome Back**  
for **FOOD, FUN, & FITNESS!**

**Please see reverse for  
items available daily**

## Featured Specials of the Day

**Monday, August 12**

CHICKEN NUGGETS

OR

GRILLED CHEESE

**Tuesday, August 13**

BEEF TACO

OR

CHEESE BREADSTICKS WITH MARINARA SAUCE

**Wednesday, August 14**

BBQ CHICKEN DRUMSTICK

OR

BREAKFAST FOR LUNCH

**Thursday, August 15**

ORANGE CHICKEN BOWL

OR

WHOLE WHEAT PASTA WITH VEGETABLES

**Friday, August 16**

CORN DOG

OR

MACARONI & CHEESE

## Featured Specials of the Day

**Monday, August 19**

CHICKEN NUGGETS

OR

GRILLED CHEESE

**Tuesday, August 20**

BEEF TACO

OR

CHEESE BREADSTICKS WITH MARINARA SAUCE

**Wednesday, August 21**

TERIYAKI CHICKEN DRUMSTICK

OR

BEAN & CHEESE BURRITO

**Thursday, August 22**

ORANGE CHICKEN BOWL

OR

WHOLE WHEAT PASTA WITH VEGETABLES

**Friday, August 23**

BEEF HOT DOG

OR

MACARONI & CHEESE



**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!**



**We hope you enjoy  
the last sweet  
days of Summer  
BERRYmuch!**

## Featured Specials of the Day

**Monday, August 26**

CHICKEN NUGGETS

OR

GRILLED CHEESE

**Tuesday, August 27**

BEEF TACO

OR

CHEESE BREADSTICKS WITH MARINARA SAUCE

**Wednesday, August 28**

BBQ CHICKEN DRUMSTICK

OR

BREAKFAST FOR LUNCH

**Thursday, August 29**

ORANGE CHICKEN BOWL

OR

WHOLE WHEAT PASTA WITH VEGETABLES

**Friday, August 30**

CORN DOG

OR

MACARONI & CHEESE