



MENUS FOR OCTOBER 2020

RCHS

This institution is an equal opportunity provider. Menus are subject to change.

October is Breast Cancer Awareness



HOPE: 20% of girls care friends
 KNOWLEDGE: 20% of mothers family recovery
 COURAGE: Believe pink remember
 LIFE: When a survivor shares
 FAITH: Faith proactive strength cure


TRAIT of the Month

Being accountable in word and deed. Having a sense of duty to fulfill tasks with reliability, dependability, and commitment.



TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



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

DID YOU KNOW?...

All children up to 18 years old, not currently attending class in the school building, are eligible to receive **FREE MEALS!** Meal Packs are available **EVERY Monday from 9am -10am** until December 14th at Rhea Central Elementary School & Spring City Elementary School.




Thursday, October 1

- Country Fried Steak
- Mashed Potatoes
- Sweet Potato Wedges
- Green Beans
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Friday, October 2

- Mini Corn Dogs
- Baked Beans
- Sweet Potato Wedges
- Fruit Cups
- Fruit Juice
- Choice of Milk

Monday, October 5

- Chicken Fajita
- Black Beans
- Salsa
- Fruit Cup
- Fruit Juice
- Choice of Milk

Tuesday, October 6

- Chicken Smackers
- Mashed Potatoes
- Turnip Greens
- Fruit Cup
- Fruit Juice
- Choice of Milk

Wednesday, October 7

- Chicken Alfredo
- Roasted Potatoes
- Green Beans
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Thursday, October 8

- Chicken Fried Chicken
- Mashed Potatoes
- Cooked Carrots
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Friday, October 9

- Hot Dogs
- Tater Tots
- Sweet Potato Wedges
- Fruit Cup
- Fruit Juice
- Choice of Milk



Fall Break

October 12-16

Monday, October 19

- Quesadilla
- Refried Beans
- Salsa
- Fruit Cups
- Fruit Juice
- Choice of Milk

Tuesday, October 20

- Chicken Tenders
- Mashed Potatoes
- Steamed Broccoli
- Hot Roll
- Fruit Cups
- Fruit Juice
- Choice of Milk

Wednesday, October 21

- Chicken Smackers
- Mashed Potatoes
- Steamed Carrots
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Thursday, October 22

- Breaded Chicken Drumstick
- Mashed Potatoes
- Steamed Vegetables
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Friday, October 23

- BBQ Rib Sandwich
- Baked Beans
- Sweet Potato Wedges
- Fruit Cup
- Fruit Juice
- Choice of Milk


Monday, October 26

- Taco
- Refried Beans
- Corn
- Salsa
- Fruit Cup
- Fruit Juice
- Choice of Milk

Tuesday, October 27

- Chicken Smackers
- Mashed Potatoes
- Cooked Spinach
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Wednesday, October 28



NO SCHOOL

Thursday, October 29

- Salisbury Steak
- Mashed Potatoes
- Sweet Potato Wedges
- Hot Roll
- Fruit Cup
- Fruit Juice
- Choice of Milk

Friday, October 30

- Mini Corn Dogs
- Baked Beans
- Sweet Potato Wedges
- Fruit Cup
- Fruit Juice
- Choice of Milk