

MENUS FOR SEPTEMBER

RCHS

We're here for you.
(Even if you're not here.)

There's no telling how this year might go. But in all this uncertainty, there's one thing you can count on: the dedicated, caring women and men of our child nutrition program will be preparing and serving convenient, economical, healthy school meals for our students every day. In the lunchroom. Or in the classroom. Or somewhere else all together. We'll be there for you.

School Meals
We serve education every day™

Word Month

RESPECT

Showing high regard for authority, other people, self, and country. Treating others as you would want to be treated. Understanding that wall



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

Monday, August 31	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
Taquito Corn Salsa Fruit Cup Fruit Juice Choice of Milk	Chicken Smackers Mashed Potatoes Cooked Spinach Hot Roll Fruit Cup Fruit Juice Choice of Milk	Salisbury Steak Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk	Breaded Pork Pattie Mashed Potatoes Sweet Potato Wedges Hot Roll Fruit Cup Fruit Juice Choice of Milk	Mini Corn Dogs Baked Beans Sweet Potato Wedges Fruit Cup Fruit Juice Choice of Milk
Monday, September 7  LABOR DAY NO SCHOOL	Tuesday, September 8 Quesadilla Refried Beans Salsa Fruit Cup Fruit Juice Choice of Milk	Wednesday, September 9 Chicken Smackers Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk	Thursday, September 10 Teriyaki Chicken Dippers Mashed Potatoes Steamed Broccoli Hot Roll Fruit Cup Fruit Juice Choice of Milk	Friday, September 11 Crispito Salsa Refried Beans Fruit Cup Fruit Juice Choice of Milk REMEMBER  9-11-01
Monday, September 14 Chicken Fajita Black Beans Salsa Fruit Cup Fruit Juice Choice of Milk	Tuesday, September 15 Chicken Smackers Mashed Potatoes Turnip Greens Fruit Cup Fruit Juice Choice of Milk	Wednesday, September 16 Chicken Alfredo Roasted Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk	Thursday, September 17 Chicken Fried Chicken Mashed Potatoes Steamed Carrots Hot Biscuit Fruit Cup Fruit Juice Choice of Milk	Friday, September 18 Hot Dogs Tater Tots Sweet Potato Wedges Fruit Cup Fruit Juice Choice of Milk
Monday, September 21 Taco Refried Beans Salsa Fruit Cup Fruit Juice Choice of Milk	Tuesday, September 22 Chicken Tenders Mashed Potatoes Steamed Broccoli Hot Roll Fruit Cup Fruit Juice Choice of Milk	Wednesday, September 23 Chicken Smackers Mashed Potatoes Steamed Carrots Hot Roll Fruit Cup Fruit Juice Choice of Milk	Thursday, September 24 Breaded Chicken Drumstick Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk	Friday, September 25 BBQ Rib Sandwich Baked Beans Sweet Potato Wedges Fruit Cup Fruit Juice Choice of Milk
Monday, September 28 Taquito Refried Beans Corn Salsa Fruit Cup Fruit Juice Choice of Milk	Tuesday, September 29 Chicken Smackers Mashed Potatoes Cooked Spinach Hot Roll Fruit Cup Fruit Juice Choice of Milk	Wednesday, September 30 Salisbury Steak Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk	Thursday, October 1 Breaded Pork Pattie Mashed Potatoes Sweet Potato Wedges Hot Roll Fruit Cup Fruit Juice Choice of Milk	Friday, October 2 Mini Corn Dogs Baked Beans Sweet Potato Wedges Fruit Cup Fruit Juice Choice of Milk