

# RCHS Menus for January

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



## HAPPY NEW YEAR!



### Word of the Month SELF-DISCIPLINE

Demonstrating hard work.  
Controlling your emotions, words, actions, impulses and desires.

**Monday, January 4**

**Tuesday, January 5**

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

**Wednesday, January 6**

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

**Thursday, January 7**

Salisbury Steak  
Mashed Potatoes  
Steamed Carrots  
Hot Roll  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Friday, January 8**

Mini Corn Dogs  
Tater Tots  
Sweet Potato Wedges  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Monday, January 11**

Chicken Fajita  
Corn  
Salsa  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Tuesday, January 12**

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

**Wednesday, January 13**

Turkey & Gravy  
Mashed Potatoes  
Green Beans  
Hot Roll  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Thursday, January 14**

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

**Friday, January 15**

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

**Monday, January 18**

MARTIN LUTHER KING DAY

**Tuesday, January 19**

Taquito  
Salsa  
Corn  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Wednesday, January 20**

Breaded Drumsticks  
Mashed Potatoes  
Steamed Broccoli  
Hot Roll  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Thursday, January 21**

Salisbury Steak  
Mashed Potatoes  
Steamed Carrots  
Hot Roll  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Friday, January 22**

Spicy Chicken Wrap  
Veggie Pickups  
French Fries  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Monday, January 25**

Taco  
Black Beans  
Salsa  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Tuesday, January 26**

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

**Wednesday, January 27**

Teriyaki Chicken Dippers  
Mashed Potatoes  
Green Peas  
Hot Roll  
Fruit Cup  
Fruit Juice  
Choice of Milk

**Thursday, January 28**

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

**Friday, January 29**

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

## CURBSIDE CHOW

Always delicious. Always FREE for all students.  
Always prepared for your family with love.

**WHAT** A nutritious variety of ready-to-eat and heat-at-home meals, plus fresh fruit, veggies, milk, and lots more  
**WHEN** Every Monday in January 9AM-10AM  
**WHERE** Rhea Central Elementary & Spring City Elementary Schools  
**?????** Got questions? Call 423-775-7814

