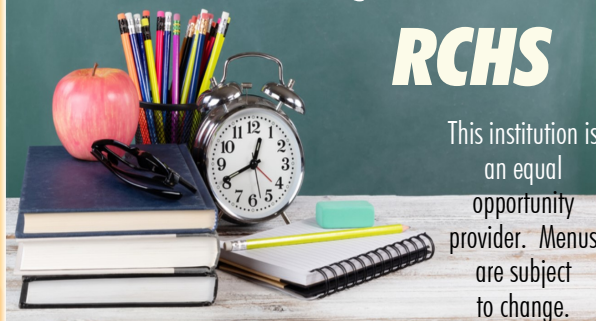


Menus for August 2020



RCHS

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

Friday, August 5

1/2 DAY

9TH
GRADE
ONLY

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™

Friday, August 7

Taquito
Refried Beans
Corn, Salsa
Fruit Cups, Fruit Juice
Choice of Milk

**ALL OF OUR
COMPLETE MEALS
ARE AT
NO COST
FOR ALL STUDENTS**

Monday, August 10

Quesadilla
Refried Beans
Corn
Salsa
Fruit Cup
Fruit Juice
Choice of Milk

Tuesday, August 11

Chicken Nuggets
Mashed Potatoes
Pease & Carrots
Hot Roll
Fruit Cup
Fruit Juice
Choice of Milk

Wednesday, August 12

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

Thursday, August 13

Teriyaki Chicken Dippers
Mashed Potatoes
Steamed Broccoli
Hot Roll
Fruit Cup
Fruit Juice
Choice of Milk

Friday, August 14

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

Monday, August 17

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

Tuesday, August 18

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

Wednesday, August 19

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

Thursday, August 20

Chicken Fried Chicken
Mashed Potatoes
Green Beans
Hot Biscuit
Fruit Cup
Fruit Juice
Choice of Milk

Friday, August 21

Crispito
Salsa
Refried Beans
Fruit Cup
Fruit Juice
Choice of Milk

Monday, August 24

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

Tuesday, August 25

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

Wednesday, August 26

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

Thursday, August 27

Breaded Chicken Drumstick
Mashed Potatoes
Green Beans
Hot Roll
Fruit Cup
Fruit Juice
Choice of Milk

Friday, August 28



Monday, August 31

Taquito
Refried Beans
Corn
Salsa
Fruit Cup
Fruit Juice
Choice of Milk

Tuesday, September 1

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

Wednesday, September 2

Salisbury Steak
Mashed Potatoes
Green Beans
Hot Roll
Fruit Cup
Fruit Juice
Choice of Milk

Thursday, September 3

Breaded Pork Pattie
Mashed Potatoes
Sweet Potato Wedges
Hot Roll
Fruit Cup
Fruit Juice
Choice of Milk

Friday, September 4

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