


SEPTEMBER | 2021



RCHS Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Warm Donut Holes Fruit Juice Milk	31 Scrambled Eggs Buttered Toast Fruit Juice Milk	1 Bacon Egg & Cheese Biscuit Juice Fruit Milk	2 Egg & Cheese Croissant Fruit Juice Milk	3 Cinnamon Roll Fruit Juice Milk
6  it's Labor Day take the day off!	7 French Toast Smokey Syrup Fruit Juice Milk	8 Sausage Biscuit Fruit Juice Milk	9 Cheese Omelet Toast Fruit Juice Milk	10 Sausage Gravy & Biscuit Fruit Juice Milk
13 Warm Donut Holes Fruit Juice Milk	14 Scrambled Eggs Buttered Toast Fruit Juice Milk	15 Bacon Egg & Cheese Biscuit Juice Fruit Milk	16 Egg & Cheese Croissant Fruit Juice Milk	17 Cinnamon Roll Fruit Juice Milk
20 Warm Donut Fruit Juice Milk	21 Honey Bun Fruit Juice Milk	22 Sausage Biscuit Fruit Juice Milk	23 Cheese Omelet Toast Fruit Juice Milk	24 Sausage Gravy & Biscuit Fruit Juice Milk
27 Warm Donut Holes Fruit Juice Milk	28 Scrambled Eggs Buttered Toast Fruit Juice Milk	29 Bacon Egg & Cheese Biscuit Juice Fruit Milk	30 Egg & Cheese Croissant Fruit Juice Milk	1 Cinnamon Roll Fruit Juice Milk

Breakfast is FREE to all students during the 21-22 school year

Daily Options

Main Line
Cereal Bowl, 2oz.ea.
Pop Tart

Adult Breakfast \$2.70
Extra Milk \$0.60


Menu is Subject to change Without Notice

This institute is an equal opportunity provider

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RCHS Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Beefy Soft Tacos Refried Beans Corn Fruit Milk (Chicken Noodle Soup)	31 Spaghetti W/Meat sauce Garlic Toast Salad W/Dressing Fruit Milk (Vegetable Soup, w/Beef)	1 Bosco Sticks W/Marinara Cooked Carrots Dirt Pudding Fruit Milk (Baked Potato)	2 Country Fried Steak Mashed Potatoes Green Beans Roll Fruit Milk (Potato Soup)	3 Breaded Chicken Sandwich W/pickle Steamed Broccoli Fruit Milk (Tomato Soup)
6  (Chicken Noodle Soup)	7 Popcorn Chicken Baked Potato Broccoli Fruit Milk (Meatless Vegetable Soup)	8 Stuffed Crust Pizza W/Marinara Fresh Salad & Carrots W/Ranch Dressing Mini Rice Krispie Treat Fruit & Milk (Baked Potato)	9 Salisbury Steak Mashed Potatoes Green Beans Roll Fruit Milk (Taco Soup)	10 Cheeseburger French Fries Baked Beans Fruit Milk (Cream of Broccoli Soup)
13 Chicken Alfredo Romaine Salad w/dressing Garlic Bread Fruit Milk (Chicken Noodle Soup)	14 French Bread Pizza Fresh Carrots, 3oz Corn Fruit Milk (Vegetable Soup, w/Beef)	15 Chicken Tenders Steamed Broccoli Biscuit Fruit Milk (Baked Potato)	16 Chicken & Noodles Mashed Potatoes Green Beans Roll Fruit Milk (Potato Soup)	17 Hot Dog W/Coney Sauce Baked Beans Baked Chips Fruit Milk (Tomato Soup)
20 Chicken Nuggets Mac & Cheese Green Beans Fruit Milk (Meatless Vegetable Soup)	21 Beefy Nachos Refried Beans Corn Fruit Milk (Chicken Gumbo)	22 Pizza Sticks Marinara Fresh Carrots W/Ranch Pudding Fruit Milk (Baked Potato)	23 Beef Dippers Baked Potato Steamed Broccoli Roll Fruit Milk (Taco Soup)	24 Breaded Tenderloin Sandwich Broccoli Seasoned Potato Wedges Fruit Milk (Cream of Broccoli Soup)
27 Beefy Soft Tacos Refried Beans Corn Fruit Milk (Chicken Noodle Soup)	28 Spaghetti W/Meat sauce Garlic Toast Salad W/Dressing Fruit Milk (Vegetable Soup, w/Beef)	29 Bosco Sticks W/Marinara Cooked Carrots Dirt Pudding Fruit Milk (Baked Potato)	30 Country Fried Steak Mashed Potatoes Green Beans Roll Fruit Milk (Potato Soup)	1 Breaded Chicken Sandwich W/pickle Steamed Broccoli Fruit Milk (Tomato Soup)

Lunch
is FREE to all Students
for the 21/22 School Year

Daily Options

Main Line,
 Cheese Pizza,
 Uncrustable PBJ 5.3oz.,
 Soup & Salad,
 Ham & Cheese Sandwich
 Turkey & Cheese
 Sandwich

Baked Potatoes
 (Available every Wednesday)
 (On the Soup Line)

Adult Lunch \$4.75
 Extra Milk \$0.60

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