



# RCES

This institution is an equal opportunity provider.

# October 2020

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>October 1</b> Breakfast: Donuts Grapes Juice/Milk Sloppy Joes Cooked Carrots Apple Slices Milk	<b>2</b> Breakfast: Muffin Apple Slices Juice/Milk Ham and Cheese Sandwich/Ketchup Tater Tots Orange Wedges Milk
<b>5</b> Breakfast: Frudel Peach Cup Juice /Milk PBJ Green Beans Applesauce Cup Milk	<b>6</b> Breakfast: Honey Bun Cherry Applesauce Juice/Milk Hamburger on Bun/ Ketchup Corn Peaches Milk	<b>7</b> Breakfast: Cereal Bar Strawberry Applesauce Juice/Milk Pizza Carrots & Dip Mandarin Oranges Milk	<b>8</b> Breakfast: Donuts Applesauce Cup Juice /Milk Taco in a bag/Salsa Lettuce/Cheese Cup Raisels Milk	<b>9</b> Breakfast: Muffin Apple Slices Juice/Milk Turkey and Cheese Sandwich/Mayo Baked Beans Fruit Milk
<b>Columbus Day No School</b>		<b>13</b> Breakfast: Honey Bun Cherry Applesauce Juice/Milk Popcorn Chicken/Ketchup Dunker Peas Raisels Milk	<b>14</b> Breakfast: Cereal Bar Strawberry Applesauce Juice/Milk Hot dog /Ketchup Baked Beans Peaches Milk	<b>15</b> <b>16</b> Breakfast: Donuts Apple Slices Juice/Milk Breakfast: Muffin Applesauce cup Juice/Milk Ham and Cheese Sandwich/Ketchup Celery and Peanut Butter Grapes Milk
<b>19</b> Breakfast: Frudel Peach Cup Juice/Milk PBJ Green Beans Applesauce Milk	<b>20</b> Breakfast: Honey Bun Cherry Applesauce Juice/ Milk Mini Pizza Bagel Carrots and Dip Peaches Milk	<b>21</b> Breakfast: Cereal Bar Strawberry Applesauce Juice/Milk Chicken Patty / Mayo Tater Tots/Ketchup Dunker Apple Milk	<b>22</b> Breakfast: Donuts Blue Raspberry Applesauce Juice/Milk Cheese Burger / Ketchup Baked Beans Grapes Milk	<b>23</b> Breakfast: Muffin Applesauce Cup Juice Milk Turkey and Cheese Sandwich/Mayo Romaine Lettuce Salad/ Dressing Apple Slices Milk
<b>26</b> Breakfast: Frudel Peach Cup Juice/Milk PBJ Carrots and Dip Applesauce Milk	<b>27</b> Breakfast: Honey Bun Cherry Applesauce Juice/Milk Bosc Marinara Dunker/ Slushy Mandarin Oranges Milk	<b>28</b> Breakfast: Cereal Bar Strawberry Applesauce Juice/Milk BBQ sandwich Corn Peaches Milk	<b>29</b> Breakfast: Donuts Applesauce Cup Juice/Milk Chicken Tenders Baked Beans Pears Milk	<b>30</b> Breakfast: Muffin Apple Slices Juice/Milk Ham and Cheese Sandwich/Ketchup Celery and Dip Grapes Milk

Variety of Milk served with each meal

**Reminder:**  
You can deposit money into your students Food Service account through Skyward Family Access.

\*Menu is Subject to Change.  
\*\* Extra grains may be added to each meal.

**NOTE:** There must be money on the student's account, if they only want to purchase a milk or juice. The School price Breakfast/Lunch - Free/Reduced meal comes with one drink. Any extras or students with lunch boxes must have money for a purchase. Milk/Juice = \$.50



## Reliable Caring Cooks Undoubtedly #1

Growing Strong Healthy Tigers, one Meal at a Time!

-RCCU1 Food Service Department



	Prices
Breakfast	\$2.20
Reduced	.30
Adult Breakfast	\$3.30
Lunch	\$2.80
Reduced	.40
Adult	\$4.30
EXTRA MILK	.50