



# RCES

This institution is an equal opportunity provider.


# September 2020

Please see the website for menus and other key information.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 31</b> Express: Frudel	1 Express: Honey Bun	2 Express: Cereal Bar	3 Express: Donuts	4 Express: Muffin
PB & J Carrots and Dip Fruit Milk	Cheeseburger on bun Celery and Dip Fruit Milk	Ham and Cheese Wrap Green beans Fruit Milk	Chicken Nuggets Romaine Salad Fruit Milk	Turkey and Cheese Sandwich Peas Fruit Milk
<b>No School Labor Day</b>	8 Express: Honey Bun	9 Express: Cereal Bar	10 Express: Donuts	11 Express: Muffin
	Pizza Carrots and Dip Fruit Milk	Ham and Cheese Sandwich Steamed Broccoli Fruit Milk	BBQ sandwich Celery and Dip Fruit Milk	Turkey and Cheese Wrap Veggies Fruit Milk
14 Express: Frudel	15 Express: Honey Bun	16 Express: Cereal Bar	17 Express: Donuts	18 Express: Muffin
PB & J Broccoli and Dip Fruit Milk	Quesadilla Peppers Fruit Milk	Ham and Cheese Wrap Hash Browns Fruit Milk	Hot Dog on Bun Carrots and Dip Fruit Milk	Turkey and Cheese Sandwich Peas Fruit Milk
21 Express: Frudel	22 Express: Honey Bun	23 Express: Cereal Bar	24 Express: Donuts	25 Express: Muffin
PB & J Celery and Dip Fruit Milk	Taco in a Bag Romaine lettuce Fruit Milk	Turkey and Cheese Sandwich Cooked Carrots Fruit Milk	Chicken Tender Wrap Broccoli and Dip Fruit Milk	Ham and Cheese Wrap Baked Beans Fruit Milk
28 Express: Frudel	29 Express: Honey Bun	30 Express: Cereal Bar	 <h2>October</h2>	
PB & J Carrots and Dip Fruit Milk	Chicken Patty Sandwich Broccoli and Dip Fruit Milk	Bosco Sticks Slushy Fruit Milk		

**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