



# RCEs

This institution is an equal opportunity provider.

# January 2019

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Dutch Waffle <b>Express:</b> Frudel Pancake on a Stick Hash Brown/Ketchup Applesauce / Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> French Toast/Syrup <b>Express:</b> Honey Bun Chicken Nuggets / BBQ Dipper / Baked Beans Apple Crisp / Milk	<b>Cold:</b> Cereal / Toast / Jelly <b>Hot:</b> Ham/Egg/Cheese Casserole <b>Express:</b> Cereal Bar Tiger Taco w/soft shell Lettuce/Salsa/ Cheese / Green Beans Green Beans / Pears / Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> Breakfast Pizza <b>Express:</b> Cinni Minis Breaded Chicken Patty on a bun Ketchup / Steamed Broccoli Pickle Spears /Apple Wedges/Milk	<b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Biscuit/Gravy <b>Express:</b> Muffin Cheese Pizza Carrots / Dip Ridgefield Slushy / Milk	
<b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Dutch Waffle <b>Express:</b> Frudel Cheese Quesadilla / Salsa Mixed Vegetables Cinnamon Applesauce Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> Pancake on a Stick <b>Express:</b> Honey Bun Pork Fritter on a Bun Ketchup Corn Pears /Milk	<b>Cold:</b> Cereal / Toast / Jelly <b>Hot:</b> Ham/Egg/Cheese Casserole <b>Express:</b> Cereal Bar Popcorn Chicken Ketchup/Baked Beans Peaches Snickerdoodle /Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> Breakfast Pizza <b>Express:</b> Cinni Minis Mini Pizza Bagels Romaine Lettuce Salad w/carrots & dressing /Apple Wedges Milk	<b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Biscuit/Gravy <b>Express:</b> Muffin Chili Crackers/Carrots Strawberries and Bananas Milk	
<b>Martin Luther King, Jr. Holiday</b>	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> French Toast /Syrup <b>Express:</b> Honey Bun Pig in a Blanket / Ketchup Pickle Spears Baked Beans Ridgefield Slushy /Milk	<b>Cold:</b> Cereal / Toast / Jelly <b>Hot:</b> Ham/Egg/Cheese Casserole <b>Express:</b> Cereal Bar BBQ on Bun Tater Tots Dragon Punch Applesauce /Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> Breakfast Pizza <b>Express:</b> Cinni Minis Spaghetti w/meat sauce Bread Stick / Carrots / Dip Peaches Milk	<b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Biscuit/Gravy <b>Express:</b> Muffin Cheeseburger Pickles/ Ketchup /Green Beans Oranges Wedges Milk	
	<b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Dutch Waffle <b>Express:</b> Frudel Tiger Burger Ketchup Cooked Carrots Mandarin Oranges/Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> Pancakes /Syrup <b>Express:</b> Honey Bun Salisbury Steak Whipped Potatoes /Gravy Roll / Dragon Punch Mixed Fruit /Milk	<b>Cold:</b> Cereal / Toast / Jelly <b>Hot:</b> Ham/Egg/Cheese Casserole <b>Express:</b> Cereal Bar Bosco Stick Marinara Dunker Romaine lettuce Salad w/ Dressing Peaches/Milk	<b>Cold:</b> Cereal – Big Bowl <b>Hot:</b> Breakfast Pizza <b>Express:</b> Cinni Minis <b>Science Day</b> Cosmic Chicken Wavelength Waffles Blazer Beans Atmosphere Apples/Meteor Milk	<b>February 1</b> <b>Cold:</b> Cereal / Yogurt <b>Hot:</b> Biscuit/Gravy <b>Express:</b> Muffin Baked Potato / Margarine Cup Cheese Cup / Diced Ham Green Beans /Pears Oatmeal Cookie /Milk

Variety of Milk served with each meal

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

**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	\$2.10
Reduced	.30
Adult Breakfast	\$3.25
Lunch	\$2.70
Reduced	.40
Adult	\$4.25
EXTRA MILK	.50