



# RCHS

This institution is an equal opportunity provider.

# January 2021

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
No School	5 French Toast Sticks/ Syrup Diced Peaches Milk / Juice	6 Mini Pancakes Diced Pears Milk / Juice	7 Breakfast Pizza Mandarin Oranges Milk/ Juice	8 Donut Rings Strawberry Applesauce Cheese Stick Milk/ Juice
	PBJ Green Beans Applesauce Milk	Cheese Burger/Bun Baked Beans Blue Raspberry Applesauce Milk	Chicken Nuggets/Dunker Mac & Cheese Carrots & Dip Mixed Fruit / Milk	Pulled Pork Sandwich Tator Tots Sliced Peaches Milk
11 Mini Waffles Peach Applesauce Milk/ Juice	12 Honey Bun Diced Pears Milk / Juice	13 Cereal Bar & Cheese Stick Cinnamon Applesauce Milk / Juice	14 Breakfast Pizza Grapes Milk/ Juice	Remote Learning
Hot Ham and Cheese Cooked Carrots Diced Pears Milk	Corn Dog Green Beans Mandarin Oranges Milk	Tator Tots Casserole Peas / Bread Stick Slushy Milk	Popcorn Chicken Baked Beans Cheez-its Blue Raspberry Applesauce Milk	
No School Martin Luther King	19 French Toast Sticks/ Syrup Pineapple Milk / Juice	20 Mini Pancakes Blue Raspberry Applesauce Milk / Juice	21 Breakfast Pizza Blue Raspberry Applesauce Milk/ Juice	22 Banana Muffin / Yogurt Strawberry Applesauce Milk / Juice
	Cheesy Pull-Apart Cooked Carrots Applesauce Milk	Mini Pizza Bagels Romaine Salad /Dressing Diced Pears Milk	Turkey and Noodles Green Beans Rolls Peach Cup Milk	Chicken Patty / Mayo Corn Orange Wedges Milk
25 Mini Waffles Peach Applesauce Milk/ Juice	26 Honey Bun Diced Pears Juice / Milk	27 Cereal Bar & Cheese Stick Blue Raspberry Applesauce Milk / Juice	28 Breakfast Pizza Orange Wedges Milk/ Juice	29 Chocolate Chip Muffin Graham Cracker Diced Peaches Milk/ Juice
Cheeseburger Baked Beans Pineapple Milk	PBJ Carrots and Dip Applesauce Milk	Chicken Tender Wrap Cheese Cup Corn / Ranch Dressing Slushy Milk	Chicken Tender Wrap Cheese Cup Corn / Ranch Dressing Slushy Milk	Nacho Supreme Salsa / Green Beans Apple 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!

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