



RCES

This institution is an equal opportunity provider.

January 2022

Please see the website for menus and other key information.

Monday	Tuesday	Wednesday	Thursday	Friday
Teachers Institute	Super Donut 4 Grapes Milk/ Juice	Rice Krispie Treat 5 Clementine Milk/Juice	Breakfast Pizza 6 Banana Milk/Juice	Frudel 7 Apple Slices Milk/Juice
	Biscuits and Sausage Gravy Hash Browns Apple Milk	Cheesy Pull a Part\Marinara Carrots & Dip Peaches Milk	Taco in a Bag Lettuce/Salsa Mandarin Oranges Milk	Cheese Pizza Salad w/ Ranch Apple Slices Milk
Cereal Bar 10 Applesauce Milk/ Juice	Chocolate Cupcake 11 Fruit Cup Milk/ Juice	Poptart 12 Clementine Milk/Juice	Honey Bun 13 Banana Milk/Juice	Cinni Mini 14 Apple Slices Milk/ Juice
Chicken Nuggets Baked Beans Pears Milk	Sloppy Joe on Bun Tator Tots Apple Milk	Bosco Sticks/Marinara Carrots & Dip Peaches Milk	Hot Dog on Bun Baked Beans Mandarin Oranges Milk	Pepperoni Pizza Salad w/ Ranch Apple Slices Milk
No School: Martin Luther King Jr.	Super Donut 18 Grapes Milk/ Juice	Rice Krispie Treat 19 Clementine Milk/Juice	Breakfast Pizza 20 Banana Milk/Juice	Frudel 21 Apple Slices Milk/Juice
	Cheeseburger on Bun Tator Tots Apple Milk	Cheesy Pull a Part\Marinara Carrots & Dip Peaches Milk	Taco in a Bag Lettuce/Salsa Mandarin Oranges Milk	Cheese Pizza Salad w/ Ranch Apple Slices Milk
Cereal Bar 24 Applesauce Milk/ Juice	Chocolate Cupcake 25 Fruit Cup Milk/ Juice	Poptart 26 Clementine Milk/Juice	Honey Bun 27 Banana Milk/Juice	Cinni Mini 28 Apple Slices Milk/ Juice
Popcorn Chicken Baked Beans Pears Milk	BBQ on Bun Tator Tots Apple Milk	Bosco Sticks/Marinara Carrots & Dip Peaches Milk	Mac & Cheese Peas Mandarin Oranges Milk	Pepperoni Pizza Salad w/ Ranch Apple Slices Milk
Mini Pancakes 31 Applesauce Milk/Juice	Super Donut 1 Grapes Milk/ Juice	Rice Krispie Treat 2 Clementine Milk/Juice	Breakfast Pizza 3 Banana Milk/Juice	Frudel 4 Apple Slices Milk/Juice
Chicken Nuggets Baked Beans Pears Milk	Cheeseburger on Bun Tator Tots Apple Milk	Cheesy Pull a Part\Marinara Carrots & Dip Peaches Milk	Taco in a Bag Lettuce/Salsa Mandarin Oranges Milk	Cheese Pizza Salad w/ Ranch Apple Slices 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	\$2.25
Reduced	.35
Adult Breakfast	\$3.35
Lunch	\$2.85
Reduced	.45
Adult	\$4.30
EXTRA MILK	.50