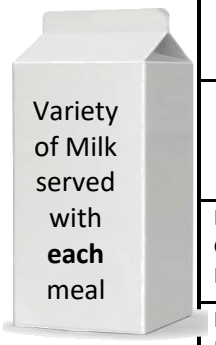
RCES

This institution is an equal opportunity provider.

February 2023

Please see the website for menus and other key information.



Variety of Milk served with **each** meal

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Banana Muffin Mixed Fruit Milk/Juice	2 Waffles w/ Syrup Apple Milk/Juice	3 Cinnamon Roll Banana Milk/Juice
		Stromboli w/ Marinara Salad w/ Ranch Mandarin Oranges Milk	Cheese Quesadilla Bean Dip/Chips/Salsa Mixed Fruit Milk	BBQ Meatballs Mac & Cheese/Green Beans Applesauce Milk
6 Lucky Charms Cereal Grapes Milk/Juice	7 Chocolate Muffin Banana Milk/Juice	8 Breakfast Pizza Applesauce Milk/Juice	9 Fudge PopTart Clementine Milk/Juice	10 Pancakes w/ Syrup Peaches Milk/Juice
Breaded Chicken Mashed Potatoes w/ Gravy Mixed Fruit Milk	Spaghetti w/ Garlic Bread Green Beans Peaches Milk	Cheesy Pull a Part Salad w/ Ranch Mandarin Oranges Milk	Corn Dogs Carrots & Dip Apples Milk	Taco in a Bag Lettuce/Salsa Pears Milk
13 Apple Cinnamon Muffin Pears Milk/Juice	14 French Toast w/ Syrup Clementine Milk/Juice	15 Honey Bun Peaches Milk/Juice	16 Sausage Biscuit Banana Milk	17 **No School** **Parent Teacher Conferences**
Hot Dog on Bun Baked Beans Peaches Milk	Beef Stroganoff w/ Roll Green Beans Pears Milk	Pepperoni Pizza Salad w/ Ranch Mandarin Oranges Milk	Grilled Cheese Green Beans Apples Milk	
20 **No School** **Presidents Day**	21 Blueberry PopTart Banana/Yogurt Milk/Juice	22 Banana Muffin Pears Milk/Juice	23 Waffles w/ Syrup Clementine Milk/Juice	24 Honey Bun Peaches Milk/Juice
	Chicken Sandwich w/ Doritos Green Beans Pears Milk	Bosco Sticks w/ Marinara Salad w/ Ranch Mandarin Oranges Milk	Sloppy Joe on Bun Tator Tots Peaches Milk	Tuna Noodle Casserole Peas Mixed Fruit Milk
27 Pancakes w/ Syrup Pineapple Milk/Juice	28 Trix Cereal Banana Milk/Juice	1 Cherry Frudel Applesauce Milk/Juice	2 Chocolate Muffin Clementine Milk/Juice	3 Egg & Cheese Biscuit Grapes Milk/Juice
Stromboli w/ Marinara Mixed Vegetables Pears Milk	Cheeseburger on Bun Potato Smiles Pineapple Milk	Cheese Pizza Salad w/ Ranch Mandarin Oranges Milk	Chicken Strips Baked Beans Apple Milk	Fish Sticks/Mac & Cheese Green Beans Mixed Fruit Milk

Reliable Caring Cooks Undoubtedly #1

Growing Strong Healthy Tigers, one Meal at a Time!

-RCCU1 Food Service Department