

**RCS High School Menu**  
**April 15-19, 2019**

A full student lunch includes a choice of entrée supplying protein and grain, 2(1/2) Cup vegetable side dishes, 2 (1/2) Cup fruit side dishes, and a choice of 1% white or chocolate milk.  
School Foodservice Information: Price: \$3.05 Paid, \$.40 Reduced\*, Free -if qualified\*

**A student must select a 1/2 cup serving of fruit or vegetable to make a complete meal or a la carte pricing will be applied. This institution is an equal opportunity.**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AMERICAN CLASSICS</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	General Tso Chicken	Crispy Fish Tacos WG Tortilla	Late Night Breakfast	Popcorn Chicken Bowl Garlic Twist	No School
	Asian Brown Rice	Cheddar Cheese, Lettuce Tomato Confetti Cole Slaw	Chicken and Waffles with Syrup	Seasoned Corn	
	Asian Vegetable Blend Garlic Roasted Broccoli	Cilantro Brown Rice Seasoned Black Beans	Hash Browns	Mash Potato w/ Savory Gravy	
	Fresh Scallions	Fresh Pico De Gallo Fresh Cilantro	Homemade Peach Cobbler Fresh Parsley	Fresh Scallions	
<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>					
<b>grill'd</b>	Black Bean Burger (V)	Cheese Sticks w/Marinara (V)	Austin Steak Twister	Cheese Sticks w/Marinara (V)	
	Chicken Nuggets w/Breadstick	Grilled Chicken Sandwich	Chicken Nuggets w/Breadstick	Grilled Chicken Sandwich	
	Spicy Chicken WG Bun	Cheeseburger WG Bun	Spicy Chicken WG Bun	Cheeseburger WG Bun	
	Garlic Roasted Broccoli	Seasoned Black Beans	Homemade Peach Cobbler	Seasoned Corn	
	Baked Potato Wedges	Tater Tots	Criss Cross Fries	Sweet Potato Tots	
	<b>Available Daily: Classic Cheese Pizza on our New Enriched White Crust served with Roma Cheese Blend</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Garlic Chicken Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Philly Cheese Steak Pizza	
<b>SO DELI</b>	<b>Available Daily: Assorted meats, cheeses and other proteins; whole grain breads; lettuce, tomatoes and a choice of fresh vegetable toppings; and a variety of dressings to create your salad or sandwich</b>				
	Santa Fe Turkey Wrap	Tuesday Tuna Salad Salad or Sandwich	Egg Salad Salad or Sandwich	Italian Sub	
<b>ON THE GO</b>	<b>Available Daily: On the go!</b>				
	Fruit Parfait with Yogurt & Homemade Granola	Fruit Parfait with Yogurt & Homemade Granola	Fruit Parfait with Yogurt & Homemade Granola	Fruit Parfait with Yogurt & Homemade Granola	
<b>extra extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.</b>				
	Broccoli Ranch Salad	Confetti Coleslaw	Romaine and Spinach Salad	Lentil Salad	
	Baby Carrots	Cherry Tomatoes	Broccoli Florets	Celery Sticks	
	Celery Sticks	Cucumber Coins	Red Pepper Strips	Baby Carrots	
	Chilled Pears	Chilled Peaches	Seasonal Fresh Fruit	Cinnamon Applesauce	

**Food and Nutrition Monthly Food Focus:**



**Questions or comments?** Food Service Director Tracy Hizer 248-726-4650  
Assistant Directors Tamara Brazelton 248-726-4601 or Marci Flaherty 248-726-4603  
Go to MyPlate.gov for online personal wellness resources for you and your family.  
Make Checks Payable to RCS Foodservice.  
District Charge Policy: One charge allowed at the High School Level.



