

RCS ACE High School Menu

April 1-30, 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 provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No School	No School	No School	No School	No School
8	9	10	11	12
Mini Corn Dog Nuggets or Mozzarella Cheese Sticks w/ Marinara Sauce Tater Tots	Turkey Nachos Tortilla Chips Homemade Queso Seasoned Corn	Mini Pancakes w/ Syrup Egg Omelet Tater Tots	Popcorn Chicken Bowl Dinner Roll Mash Potato and Gravy Seasoned Corn	Penne Pasta and Meatballs with Spaghetti Sauce Seasoned Green Beans
15	16	17	18	19
Mini Corn Dog Nuggets or Mozzarella Cheese Sticks w/ Marinara Sauce Tater Tots	Turkey Nachos Tortilla Chips Homemade Queso Seasoned Corn	Mini Pancakes w/ Syrup Egg Omelet Tater Tots	Popcorn Chicken Bowl Dinner Roll Mash Potato and Gravy Seasoned Corn	No School
22	23	24	25	26
Mini Corn Dog Nuggets or Mozzarella Cheese Sticks w/ Marinara Sauce Tater Tots	Turkey Nachos Tortilla Chips Homemade Queso Seasoned Corn	Mini Pancakes w/ Syrup Egg Omelet Tater Tots	Popcorn Chicken Bowl Dinner Roll Mash Potato and Gravy Seasoned Corn	1/2 Day of School
29	30			
Mini Corn Dog Nuggets or Mozzarella Cheese Sticks w/ Marinara Sauce Tater Tots	Turkey Nachos Tortilla Chips Homemade Queso Seasoned Corn			

Alternate Entrees (available with choice of milk) :

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Classic Cheese Pizza Chicken Patty WG Bun	Bosco Sticks w/ Pizza Sauce Sliced Turkey WG Sub Cheeseburger WG Bun with Tater Tots	Classic Cheese Pizza Chicken Patty WG Bun	Bosco Sticks w/ Pizza Sauce Sliced Turkey WG Sub Cheeseburger WG Bun with Tater Tots	Classic Cheese Pizza Chicken Patty WG Bun
Dark Leafy Green Salad Chilled Bean Saald Cucumber Coins Baby Carrots Fresh Whole Apples Fresh Oranges Chilled Assorted Fruit	Dark Leafy Green Salad Chilled Bean Saald Cucumber Coins Baby Carrots Fresh Whole Apples Fresh Oranges Chilled Assorted Fruit	Dark Leafy Green Salad Chilled Bean Saald Cucumber Coins Baby Carrots Fresh Whole Apples Fresh Oranges Chilled Assorted Fruit	Dark Leafy Green Salad Chilled Bean Saald Cucumber Coins Baby Carrots Fresh Whole Apples Fresh Oranges Chilled Assorted Fruit	Dark Leafy Green Salad Chilled Bean Saald Cucumber Coins Baby Carrots Fresh Whole Apples Fresh Oranges Chilled Assorted Fruit

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.

Charge Policy: One charge allowed at the High School Level.

