

## RCS High School Menu April 22-26, 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 and 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.**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AMERICAN CLASSICS</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	WG Fish Sticks Homemade Macaroni and Cheese Seasoned Peas Roasted Carrots Fresh Parsley	Turkey Nachos with Homemade Queso Tortilla Chips Cilantro Brown Rice Seasoned Pinto Beans Mexican Corn Fresh Pico De Gallo and Cilantro	Chicken Parmesan Bowl Breaded Chicken Marinara Sauce Seasoned Enriched Pasta Italian Roasted Vegetables Roma Herb Blend	Popcorn Chicken Bowl Garlic Twist Seasoned Corn Mashed Potatoes w/ Savory Gravy Fresh Scallions	1/2 Day of School
<b>grill'd</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Nashville Hot Chicken Sandwich Spicy Chicken WG Bun Black Bean Burger Seasoned Peas Baked Potato Wedges	Spicy Chicken Patty WG Bun Cheeseburger WG Bun Cheese Sticks w/Marinara Sauce Seasoned Pinto Beans Tater Tots	Grilled Chicken Sandwich Chicken Nuggets with a Breadstick Hot Dog WG Bun Italian Roasted Vegetables Crisp Cross Potatoes	Spicy Chicken Patty WG Bun Cheeseburger WG Bun Cheese Sticks w/Marinara Sauce Seasoned Corn 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	Turkey Taco Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Red Hot Chicken 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>				
	Chicken Caesar Salad or a Sandwich	Housemade Tuna Salad or as a Sandwich	Housemade Egg Salad Salad or as a Sandwich	Chicken Salad Salad or as a Sandwich	
<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>				
	Spinach and Cranberry Salad Baby Carrots Zucchini Sticks Chilled Mixed Fruit	Broccoli Florets Dried Cranberries Macaroni and Bean Salad Chilled Peaches	Red Pepper Strips Romaine and Tomato Side Salad Mandarin Oranges Seasonal Fresh Fruit	Celery Sticks Cherry Tomatoes Chilled Pears Honey Apple Salad	

**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](http://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.

