

**RCS High School Menu**  
**April 29- May 3, 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.**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AMERICAN CLASSICS</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Sweet and Sour Chicken Veggie Brown Rice Garlic Ginger Bok Choy Asian Vegetables Crunchy Asian Topping Fresh Scallions	Turkey Nachos with Homemade Queso Tortilla Chips Cilantro Brown Rice Seasoned Pinto Beans Mexican Corn Fresh Pico De Gallo and Cilantro	Late Night Breakfast French Toast Sticks w/ Syrup Scrambled Eggs or Sausage Hash Browns Roasted Sweet Cinnamon Butternut Squash Fresh Parsley	Popcorn Chicken Bowl Garlic Twist Seasoned Corn Mashed Potatoes w/ Savory Gravy Fresh Scallions	Baked Ziti with Mozzarella Cheese WG Garlic Breadstick Italian Roasted Vegetables Seasoned Green Beans Roma Herb Blend
<b>grill'd</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Grilled Chicken and Cheese Sandwich WG Bun Cheeseburger WG Bun Spicy Chicken Sandwich WG Bun Garlic Ginger Bok Choy Baked Potato Wedges	BBQ Pork Sandwich Chicken Nuggets w/Breadstick Cheesesticks w/ Marinara Mexican Corn Tater Tots	Black Bean Burger Cheeseburger WG Bun Spicy Chicken Sandwich WG Bun Roasted Sweet Cinnamon Butternut Squash Baked Potato Wedges	Meatball Sub Chicken Nuggets w/Breadstick Cheesesticks w/ Marinara Seasoned Corn Criss Cut Fries	Black Bean Burger Cheeseburger WG Bun Spicy Chicken Sandwich WG Bun Italian Roasted Vegetables 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	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Personal Pizza	Neapolitan 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>				
	Turkey Hummus Salad or Sandwich	Housemade Tuna Salad or as a Sandwich	Housemade Egg Salad Salad or as a Sandwich	Chicken Salad Salad or as a Sandwich	Turkey BLT 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	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>				
	Celery Sticks Dark Green Tossed Salad Grape Tomatoes Chilled Mixed Fruit	Power Peas Green Pepper Strips Chick Pea Salad Chilled Pineapple	Spinach Cranberry Salad Red Pepper Strips Chilled Pears Seasonal Fresh Fruit	Fresh Radish Sesame Broccoli Salad Cucumber Coins Cinnamon Applesauce	Caesar Side Salad Sugar Snaps Banana and Strawberries Baby Carrots

**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.



