

 **BREAKFAST**

and

 **LUNCH**

# OCTOBER 2024

All meals are subject to change.

**BREAKFAST** served daily with 100% fruit juice, fruit, milk.

**LUNCH** served daily with fruit, vegetable, milk.

\*Cold vegetable bar offered daily PreK-12\*

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Monday, Wednesday, Friday

**B option:**

**Grape Uncrustable**

No B option October 25th

1

2

3

4

7

8

9

10

11

14

15

16

17

18

NO SCHOOL

NO SCHOOL

NO SCHOOL

21

22

23

24

25

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

Long Johns

RRC Burger w/ Fixings  
Baked Beans  
Chips, Fruit

Muffin and String Cheese 28

Popcorn Shrimp  
Ranch Wedges  
Cookie, Fruit

French Toast & Sausage 29

Chicken Patty  
Green Beans  
Orange Slices

Banana Bread 30

Tater tot Hotdish  
Biscuit  
Mixed Veggies, Fruit

Donut 31

Chicken Nuggets  
Creepy Carrots  
Cheez-Its, Fruit



**BREAKFAST and LUNCH**

*RRC is an equal opportunity provider.*

All students are required to take a minimum of 3 items.  
All students are required to take a 1/2 cup fruit or vegetable.  
FOR BEST NUTRITION, CHOOSE ALL 5 meal components!

The USDA requires that students select a fruit or vegetable at each meal to qualify for a FREE reimbursable meal under the National School Lunch Program (NSLP) and the National School Breakfast Program (NSBP).