



BREAKFAST

NOVEMBER 2024

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

LUNCH served daily with assorted fruit, vegetable, milk.

Cold vegetable bar offered daily PreK-12

All meals are subject to change.

And



LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Banana Bread 4

Pork Chop Patty
Mashed potatoes
Peas, Dinner Roll, Apple Sauce

Breakfast Pizza 5

BBQ On Bun
Baked Beans
Assorted Fruit

Fruit & Yogurt Parfaits 6

Chicken Strips
Corn
Assorted Fruit

Cooks Choice 7

Pizza Hotdish
Green Beans
Bread Stick, Assorted Fruit

Pancake On Stick 1

Pizza Quesadilla
Corn
Assorted Fruit

Scrambled Eggs & Toast 11

Corn Dog
Baked Beans
Peaches

Chocolate Chip Banana Bar 12

Popcorn Chicken
Pretzel with cheese
Cooked Carrots
Fruit

Cereal & Pop tart 13

Hot Ham & Cheese
Tri-Taters
Mandarin Oranges

Muffin 14

Cheeseburger Hotdish
Bosco Stick
Carrots with Dip, Pears

Egg Sausage Bagel 15

Chicken Patty On Bun
Green Bean Bake
Orange Slices

NEW Caramel Cini Mini 18

Hamburger
Green Beans
Fruit, Chips

Pancake on Stick 19

Taco in a Bag
Refried Beans
Corn, Peaches

Banana Bread 20

BBQ Pork Sandwich
Fries
Assorted Fruit

French Toast Sticks 21

French Bread Pizza
Peas
Assorted Fruit

Apple Frudel 22

Ham Sub
California Blend with Cheese
Cookie, Fruit

Cereal & Pop tart 25

Brunch for Lunch
Pancakes, Tri-Taters
Sausage, Juice

NEW Trix French Toas 26

Hot Ham & Cheese
Broccoli with Cheese
Assorted Fruit

Cheese Omelet & Toast 27

Popcorn chicken
Mac & Cheese
Assorted Fruit

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

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).