

BREAKFAST

JANUARY 2025

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

And **LUNCH**

RRC is an equal opportunity provider.
All menus are subject to change.

LUNCH served daily with fruit, vegetable, milk.

Cold vegetable bar offered daily PreK-12

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal and Pop tart 6

Brunch For Lunch
Pancakes, Sausage
Tri-Tater, Juice

Muffin & Hard-Boiled Egg 7

Hot Ham and Cheese
Broccoli With Cheese
Fruit

Yogurt Parfaits 8

Popcorn Chicken
Corn, Fruit Salad
Cheez-it Cracker

Pancake on Stick 9

Homemade Tater Tot Hotdish
Biscuit, Mixed Vegetables
Pineapple

Breakfast Pizza 10

French Bread Pizza
Corn, Fruit

RRC Burger with Fixings
Baked Beans, Chips
Fruit

Cook's Choice 13

Salisbury Burger
Mashed Potatoes
Butter Sandwich, Mixed

Scrambled eggs & Toast 14

Nachos W/ Cheese
Taco Meat, Corn
Black Beans, Peaches

Uncrustable 15

Mr. Rib on Bun
Green Beans
Cinnamon Churro, Apple

Banana Bread 16

Homemade Chili
Carrots
Corn Bread, Fruit

Trix French Toast 17

Turkey Sub with Fixings
California Blend w/ Cheese
Cookie, Fruit

CLOSED

20

CINNI MINI 21

Hot Dog on Bun
Baked Beans, Chips
Fruit

Pancakes 22

Popcorn Shrimp
Egg Roll, Fruit
Fortune Cookie

Cook's Choice 23

Taco In a Bag
Refried Beans, Corn
Peaches

Omelet and Toast 24

Pizza
Peas, Fruit

Mini Donuts 27

Cook's Choice
PreK-2 **Nuggets**
3-6 **Nuggets/Popcorn Chicken**
Choir & 7-8th **Popcorn Chicken**
9-12 **Pork Chop Patty**

French Toast Sticks 28

BBQ on Bun
Baked Beans
Chips, Fruit

Egg Sausage Bagel 29

Hot Turkey on Fresh Bun
Green Bean Bake
Fruit

Strawberry Cream Cheese Bagel 30

Spaghetti With Meat Sauce
Breadstick, Broccoli

Pancake on Stick 31

RRC Burger with Fixings
Corn, Fruit

Mashed Potatoes, Dinner Roll

BREAKFAST and LUNCH

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).