

# C-RCS High School



M/ma=meat/meat alternate  
 WG=Whole Grain WW=Whole  
 Wheat RF=Reduced Fat  
 FF=Fat Free RS=Reduced Sodium  
 R/ORed/Orange G=DarkGreen B/  
 P=Beans/Peas S=Starchy O=Other

CRCS PROVIDES EQUAL PROGRAM  
 AND EMPLOYMENT OPPORTUNITIES  
 MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28  <b>Memorial Day</b>  <b>No School</b>	29 Day 4 RF Chicken Burger 2.5oz Cheese .5 oz WW Bun 2oz Ketchup 2pk/9gm, 2 pickle slices ~~~~~ WG Assorted Pizza 2oz ~~~~~ Tuna Sandwich 2oz WW Bread/ RF Mayo/Romaine/G ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ½ cup Mixed Greens/G/(1 c=½ cup) Oven Baked Fries/S Oven Baked Beans	30 Day 5 WG Cheese Quesadilla with Seasoned Rice ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna 1.5oz Cheese .5oz WW Bread 2oz ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ½ Cup Steamed Spinach/R/O Mixed Greens/G/(1 c=½ cup) Assorted Vegetables/O	31 Day 6 Chicken Wrap ~~~~~ Turkey 1.5oz Cheese .5oz WW Bread 2oz RF Mayo ~~~~~ WG RF Cheese Pizza ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Spiced Pears ~~~~~ Vegetable Choices Mixed Greens/G/(1 c=½ cup) Broccoli Cuts/O Assorted Vegetables	1 Day 1 Assorted Pizza Hot Sandwiches ~~~~~ Ham 1.5oz Cheese.5oz WW Bread 2oz RF Mayo/Mustard 1pk ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ½ cup Mixed Greens/G/(1 c=½ cup) RF Dressing 1.5oz Broccoli Cuts/O Pasta Salad w/ Veggies
4 Day 2 3 WG Chicken Strips 2oz WG Roll ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ PBJ 1oz, WW Bread 2oz ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ½ Cup Mixed Greens/G Sweet Carrot Coins/R/O/C Assorted Vegetables	5 Day 3 Taco/Nacho/1.5oz, Seasoned Meat/.5oz RF,Shredded Cheese RF Cheese Sauce /.9oz RS Seasoned Rice ~~~~~ Tuna Sandwich 2oz WW Bread/ RF Mayo/Romaine/G ~~~~~ WG RF Cheese Pizza ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Cowboy Salsa/ Mixed Greens/G/(1 c=½ cup) Assorted Vegetables	6 Day 4 Oven Roasted Hotdog 1.8oz WW Dog Roll 1.75oz Ketchup 2 pk/ Mustard 1 pk/ Relish 1 pk ~~~~~ Bologna 1.5oz Cheese .5oz WW Bread 2 oz/RF Mayo 1 pk ~~~~~ WG RF Cheese Pizza ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Oven Baked Tater Tots Mixed Greens/G/(1 c=½ cup) Oven Baked Beans Coleslaw	7 Day 5 RF Cheese Burger 2.5oz Cheese .5 oz WW Bun 2oz Ketchup 2pk/9gm, 2 pickle slices ~~~~~ WG Assorted Pizza 2oz ~~~~~ Turkey 1.5oz Cheese .5oz WW Bread 2oz RF Mayo ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Cinnamon Applesauce ~~~~~ Vegetable Choices ½ cup Mixed Greens/G/(1 c=½ cup) Oven Baked Fries/S	8 Day 6 Assorted Pizza Hot Sandwiches ~~~~~ Ham 1.5oz Cheese.5oz WW Bread 2 Oz RF Mayo/Mustard 1pk ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ½ cup Mixed Greens/G/(1 c=½ cup) RF Dressing 1.5oz Broccoli Cuts/O Diced Tomatoes Pasta Salad w/ Veggies
11 Day 1 Assorted Hot Sandwiches ~~~~~ PBJ 1oz, WW Bread 2oz ~~~~~ WG RF Cheese Pizza ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Applesauce ~~~~~ Vegetable Choices ½ Cup Sweet Carrot Coins/R/O/C Assorted Vegetables	<b>Regents Exam Days June 12-20</b> Hot Breakfast available in main entrance before Regents. Cash or ID Number.  Grab and Go Lunch: Assorted Sandwiches Multi-Grain Snack Mix 1.5oz Fresh Fruit ¾ Cup Bagged Fresh Vegetables			
18 Day 6 <b>Regents Exam Days June 12-20</b> Hot Breakfast available in main entrance before Regents. Cash or ID Number.	Grab and Go Lunch: Assorted Sandwiches Multi-Grain Snack Mix 1.5oz Fresh Fruit ¾ Cup Bagged Fresh Vegetables			