

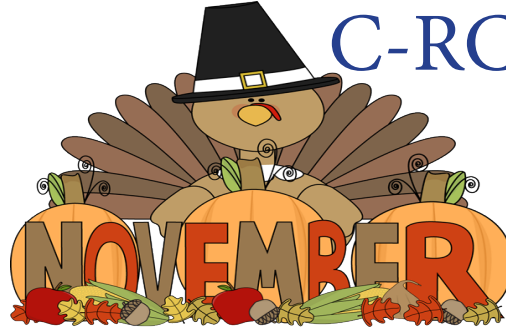
C-RCS High School

Daily Alternate Breakfast Options:

- Cereal
- Assorted Juices
- 1% White Milk

Daily Alternate Lunch Options:

- Assorted Fat Free Milk
- Assorted Pizza
- Yogurt and Granola



Menu Subject To Change

All grains are whole grain

CRCS provides equal program and employment opportunities.

Students must take a fruit and/or vegetable with their meal.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Day 1	30	Day 2	31	Day 3	1	Day 4	2	Day 5
Chicken Strips BBQ Sauce Bread Slice ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices: Fresh Or Applesauce ~~~~~ Vegetable Choices: Sweet Carrot Coins Mixed Greens Green Peas		Cheeseburgers Ketchup 2 pickle Slices ~~~~~ Tuna Salad Sandwich ~~~~~ Fruit Choices: Fresh Or Peaches ~~~~~ Vegetable Choices: Oven Baked Fries Baked Beans Mixed Greens		Mozzarella Sticks Pasta w/ Sauce Garlic Toast ~~~~~ Bologna Sandwich ~~~~~ Fruit Choices: Fresh Or Mixed Fruit ~~~~~ Vegetable Choices: Assorted Vegetables Mixed Vegetables Mixed Greens		Chicken Caesar Wrap ~~~~~ Turkey Sandwich ~~~~~ Fruit Choices: Fresh Or Peaches ~~~~~ Vegetable Choices: Black Bean Tomato Salsa Broccoli Cuts Mixed Greens		Assorted Pizza ~~~~~ Ham Sandwich ~~~~~ Fruit Choices: Fresh Fruit Or Spiced Pears ~~~~~ Vegetable Choices: Choose 2: Mixed Greens Sweet Carrot Coins Diced Tomatoes	
5	Day 6	6	Day 1	7	Day 2	8	Day 3	9	Day 4
Popcorn Chicken BBQ Sauce Bread Slice ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices: Fresh Or Mixed Fruit ~~~~~ Vegetable Choices: Steamed Spinach Mixed Greens Assorted Vegetables		BBQ Pork Rib Sandwich ~~~~~ Tuna Sandwich ~~~~~ Fruit Choices: Fresh OR Peaches ~~~~~ Vegetable Choices: Mixed Greens Tomato Soup Broccoli Cuts Cole Slaw		Quesadilla w/ Salsa Seasoned Brown Rice ~~~~~ Bologna Sandwich ~~~~~ Fruit Choices: Fresh Or Applesauce ~~~~~ Vegetable Choices: Oven Baked Tator Tots Mixed Greens Oven Baked Beans Cole Slaw		French Toast Sticks Syrup Sausage Patty ~~~~~ Turkey Sandwich ~~~~~ Fruit Choices: Fresh Fruit Or Peaches ~~~~~ Vegetable Choices: Black Bean & Tomato Salsa Mixed Greens		Assorted Pizza ~~~~~ Ham Sandwich ~~~~~ Fruit Choices: Fresh Fruit Or Spiced Pears ~~~~~ Vegetable Choices: Choose 2: Mixed Greens Sweet Carrot Coins Diced Tomatoes	
12		13	Day 5	14	Day 6	15	Day 1	16	
 <p>Veterans Day</p>		Chicken Nuggets BBQ Sauce Bread Slice ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices: Fresh Or Peaches ~~~~~ Vegetable Choices: Steamed Spinach Assorted Vegetables Mixed Greens		Thanksgiving Feast Roast Turkey/Gravy Mashed Potatoes Dinner Roll Mixed Vegetables Cranberry Sauce Baked Sweet Potato Assorted Pudding Pies Stuffing		Assorted Pizza ~~~~~ Ham Sandwich ~~~~~ Fruit Choices: Fresh Fruit Or Spiced Pears ~~~~~ Vegetable Choices: Choose 2: Mixed Greens Broccoli Cuts Diced Tomatoes		Parent Teacher Conference Day No Students K-12 	
19	Day 2	20	Day 3	21		22		23	
Chicken Patty ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Fruit Choices: Fresh Or Peaches ~~~~~ Vegetable Choices: Sweet Carrot Coins Assorted Vegetables Mixed Greens		Oven Roasted Hot Dog Ketchup/Mustard/Relish ~~~~~ Tuna Sandwich ~~~~~ Fruit Choices: Fresh Or Peaches ~~~~~ Vegetable Choices: Oven Baked Beans Mixed Greens Steamed Spinach		 <p>Thanksgiving Recess</p>					