

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



C-RCS High School
 CRCS PROVIDES EQUAL PROGRAM
 AND EMPLOYMENT OPPORTUNITIES
 MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Day 4 3 WG Chicken Strips BBQ Sauce WW Bread Slice ~~~~~ WG RF Cheese Pizza ~~~~~ PBJ 1 oz., WW Bread ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices ½ Cup Mixed Greens/G/(1 c=½ cup) Sweet Carrot Coins/R/O/C Mashed Potato	29 Day 5 WG Cheese Quesadilla with Seasoned Rice ~~~~~ WG RF Cheese Pizza ~~~~~ Tuna Wrap WW Bread/ RF Mayo/Romaine/G ~~~~~ 8oz FF Yogurt Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ½ Cup Broccoli Cuts, Mixed Greens/G (1c=½c), Black Beans and Tomato Salsa	30 Day 6 5 WG Mozzarella Sticks Pasta Sauce/R/O Garlic Roll Seasoned Pasta ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna Cheese .5oz WW Bread 2oz ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ½ Cup Mixed Vegetables/R/O Mixed Greens/G/(1 c=½ cup) Oven Baked Sweet Potato	31 Day 1 Diced Chicken and Honey Gravy on a Honey Wheat Biscuit ~~~~~ WG RF Cheese Pizza 2 oz ~~~~~ Turkey Salad Sandwich, WW Bread RF Mayo ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Sweet Baked Apples ~~~~~ Vegetable Choices ½ Cup (choose two) Mixed Greens/G (1c=½c), Black Beans and Tomato Salsa, Oven Baked Beans	1 Day 2 Homemade Souper Friday ~~~~~ WG Assorted Pizza ~~~~~ Ham Cheese. WW Bread RF Mayo/Mustard 1pk ~~~~~ FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Pineapple Chunks ~~~~~ Vegetable Choices ½ cup Mixed Greens/G/(1 c=½ cup) RF Dressing 1.5oz Pasta Salad W/ Veggies, Green Beans/O
4 Day 3 WG Chicken Patty Plain or Spicy WW Roll ~~~~~ WG Fr Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich WW Bread ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ½ Cup Sweet Carrot Coins/R/O Mixed Greens/G/(1 c=½ cup) Mashed Potato	5 Day 4 WW Soft Shells Seasoned Meat/ Shredded RF Cheese RF Cheese Sauce RSWK Chips WG Salsa R/O ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Tuna Salad Wrap WW Bread/ RF Mayo/Romaine/G ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Cinnamon Applesauce ~~~~~ Vegetable Choices ½ Cup Cowboy Salsa Mixed Greens/G/(1 c=½ cup) RF Dressing 1.5oz Broccoli Cuts	6 Day 5 BBQ Pork Rib Sandwich 1.75oz WW Bun 1.8oz ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna Sandwich Cheese WW Bread RF Mayo/ Mustard 1pk ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Sweet Baked Apples ~~~~~ Vegetable Choices ½ Cup Oven Baked Tots/S, Mixed Greens/G (1c=½c), Oven Baked Beans/O, Cole Slaw/O	7 Day 6 French Toast Stix, Sausage Patty ~~~~~ WG RF Cheese Pizza 2 oz ~~~~~ Turkey Salad Sandwich, WW Bread 2 oz, RF Mayo ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Spiced Pears ~~~~~ Vegetable Choices ½ Cup (choose two) Mixed Greens/G (1c=½c), Baby Cakes, Oven Baked Sweet Potato	8 Day 1 Homemade Souper Friday ~~~~~ WG Assorted Pizza 2oz ~~~~~ 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 Pasta Salad W/ Veggies Golden Corn/R/O
11 Day 2 5 WG Chicken Nuggets 2oz BBQ Sauce 1oz WW Bread Slice 2oz ~~~~~ WG FR Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich WW Bread 2 oz ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Mixed Greens/G/(1 c=½ cup) Mashed Potato	12 Day 3 WG Cheese Quesadilla with Seasoned Rice ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Tuna Wrap 2oz WW Bread/ RF Mayo/Romaine/G ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ½ Cup Broccoli Cuts, Mixed Greens/G (1c=½c), Cowboy Salsa	13 Day 4 Macaroni and Cheese 1 Cup With Diced Ham WG Roll ~~~~~ WG RF Cheese Pizza 2 oz ~~~~~ Tuna Salad Wrap 2oz WW Bread/ RF Mayo/Romaine/Gz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Apple Sauce ~~~~~ Vegetable Choices ¾ Cup Mixed Greens/G/(1 c=½ cup) RF Dressing 1.5oz Baked Sweet Potato Green Beans/O, Corn/O	14 Day 3 Chicken Wrap, Ranch ~~~~~ WG RF Cheese Pizza ~~~~~ Turkey 1.5oz Cheese .5oz WW Bread 2oz RF Mayo/Mustard 1 pk ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Oven Baked Beans/B/P Mixed Greens/G/(1 c=½ cup) Oven Tots	15 Day 4 Homemade Souper Friday ~~~~~ WG Assorted Pizza 2oz ~~~~~ 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 Pasta Salad W/ Veggies Steamed Spinach/G
Winter Recess Feb. 18-22				
25 Day 1 12 ea. WG Popcorn Chicken- WW Bread Slice 2oz ~~~~~ WG RF Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich WW Bread 2 oz ~~~~~ 8oz FF Yogurt/2oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Green Beans/O Mashed Potato	26 Day 2 WG Cheese Quesadilla with Seasoned Rice ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Tuna Salad Wrap 2oz WW Bread/ RF Mayo/Romaine/G ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Cinnamon Applesauce ~~~~~ Vegetable Choices ½ Cup Cowboy Salsa Mixed Greens/G/(1 c=½ cup) RF Dressing 1.5oz Broccoli Cuts	27 Day 3 RF Cheese Beef Burger 1.5oz WW Bun 1.8 oz Ketchup 2pk/9gm, 2 pickle slices/O ~~~~~ WG RF Cheese Pizza 2 oz ~~~~~ Tuna Salad Wrap 2oz WW Bread/ RF Mayo/Romaine/Gz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Spiced Pears ~~~~~ Vegetable Choices ½ Cup (choose two) Mixed Greens/G (1c=½c), Black Beans and Tomato Salsa, Oven Baked Beans	28 Day 4 French Onion Steak Sandwich ~~~~~ WG RF Cheese Pizza ~~~~~ Turkey 1.5oz Cheese .5oz WW Bread 2oz RF Mayo ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices 1 Cup Fresh Or Spiced Pears ~~~~~ Vegetable Choices Mixed Greens/G/(1 c=½ cup) Cole Slaw, Oven Tots	1 Day 5 Homemade Souper Friday ~~~~~ WG Assorted Pizza 2oz ~~~~~ 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 Pasta Salad W/ Veggies