

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
4 Day 5 Chicken Strips BBQ Sauce Bread Slice ~~~~~ Cheese Pizza ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh OR Applesauce ~~~~~ Vegetable Choices Mixed Greens Sweet Carrot Coins Seasoned Potatoes	5 Day 6 Quesadilla with Mexican Rice Salsa ~~~~~ Cheese Pizza ~~~~~ Tuna Sandwich With Mayo & Romaine Lettuce ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Peaches ~~~~~ Vegetable Choices Black Bean and Tomato Salsa Mixed Greens/Dressing Golden Corn	6 Day 1 Mozzarella Sticks Baked Pasta/ Pasta Sauce Garlic Roll ~~~~~ Cheese Pizza ~~~~~ Bologna and Cheese Sandwich ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Mixed Friut ~~~~~ Vegetable Choices Steamed Spinach Mixed Greens Assorted Vegetables	7 Day 2 Assorted Pizza ~~~~~ Steak Sandwich ~~~~~ Turkey and Cheese Sandwich Mayo/Mustard ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Mixed Fruit ~~~~~ Vegetable Choices Oven Fries Green Beans	8 Day 3 Homemade Souper Friday ~~~~~ Assorted Pizza ~~~~~ Ham & Cheese Sandwich Mayo/Mustard ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Mixed Fruit ~~~~~ Vegetable Choices Mixed Greens/Dressing Seasoned Squash Broccoli and Sweet Potatoes
11 Day 4 Chicken Patty Plain or Spicy Roll ~~~~~ Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Peaches ~~~~~ Vegetable Choices Sweet Carrot Coins Mixed Greens/Dressing Seasoned Potatoes	12 Day 5 Toasted Cheese Crackers ~~~~~ Cheese Pizza ~~~~~ Tuna Salad WrapWith Mayo & Romaine Lettuce ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Cinnamon Applesauce ~~~~~ Vegetable Choices Fresh Tomato Soup Mixed Greens/Dressing Seasoned Noodles	13 Day 6 Beef Burgers Cheese/Bun Ketchup & 2 Pickle Slices ~~~~~ Bologna and Cheese Sandwich Mayo/Mustard ~~~~~ Cheese Pizza ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Peaches ~~~~~ Vegetable Choices Mixed Greens/Dressing Oven Baked Beans	14 Day 1 Mini Pancakes, Sausage Patty ~~~~~ Turkey Salad Sandwich with Mayo ~~~~~ Cheese Pizza ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh OR Spiced Pears ~~~~~ Vegetable Choices Mixed Greens Baby Cakes, Green Beans	15 Day 2 Homemade Souper Friday ~~~~~ Assorted Pizza ~~~~~ Ham and Cheese Sandwich Mayo/Mustard ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Mixed Fruit ~~~~~ Vegetable Choices Mixed Greens/Dressing Seasoned Squash Broccoli and Sweet Potatoes
18 Day 3 Popcorn Chicken Roll ~~~~~ Cheese Pizza ~~~~~ Peanut Butter and Jelly Sandwich ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Peaches ~~~~~ Vegetable Choices Sweet Carrot Coins Green Beans Mixed Greens Seasoned Potatoes	19 Day 4 Oven Roasted Hot Dog Ketchup/ Mustard /Relish ~~~~~ Cheese Pizza ~~~~~ Tuna Salad Wrap Mayo/Romaine ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Apple Sauce ~~~~~ Vegetable Choices Oven Baked Fries Oven Baked Beans	20 Day 5 Chicken and Gravy with a Biscuit ~~~~~ Bologna and Cheese Sandwich with Mayo ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Spiced Pears ~~~~~ Vegetable Choices Mixed Veggies Cranberry Sauce	21 Day 6 Cheese Pizza ~~~~~ Turkey and Cheese Sandwich With Mayo ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Fruit Cup ~~~~~ Vegetable Choices Mixed Greens/Dressing Pasta Salad with Veggies Golden Corn	22 Staff Development Day School Closed 
25 Day 1 Chicken Nuggets BBQ Sauce Bread Slice ~~~~~ Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Peaches ~~~~~ Vegetable Choices Sweet Carrot Coins Mashed Potatoes	26 Day 2 Quesadilla with Mexican Rice ~~~~~ Cheese Pizza ~~~~~ Tuna Wrap With Mayo/Romaine ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Pineapple Chunks ~~~~~ Vegetable Choices Cowboy Salsa Mixed Greens/Dressing	27 Day 3 BBQ Chicken Slice Bread, Macaroni Salad ~~~~~ Turkey and Cheese Sandwich Mayo ~~~~~ Cheese Pizza ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Baked Apples ~~~~~ Vegetable Choices Mixed Greens/Dressing Cole Slaw, Assorted Vegetables	28 Day 4 Hearty Baked Pasta with Meat Sauce and Cheese Garlic Breadsticks ~~~~~ Turkey and Cheese Sandwich Mayo/Mustard ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Mixed Fruit ~~~~~ Vegetable Choices Mixed Veggies Green Beans	29 Day 5 Homemade Souper Friday ~~~~~ Assorted Pizza ~~~~~ Ham and Cheese Sandwich Mayo/Mustard ~~~~~ Yogurt & Granola ~~~~~ Fruit Choices Fresh Or Mixed Fruit ~~~~~ Vegetable Choices Mixed Greens/Dressing Seasoned Squash Broccoli and Sweet Potatoes