

MENUS FOR SEPTEMBER 2021 RCHS


This institution is an equal opportunity provider. Menus are subject to change.



Wednesday, September 1
 Chicken Nuggets
 Mashed Potatoes
 Cooked Spinach
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Thursday, September 2
 Beef Sticks
 Mashed Potatoes
 Steamed Carrots
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Friday, September 3
 Hot Dog
 Chili Beans
 Sweet Potato Wedges
 Fruit Cup
 Fruit Juice
 Choice of Milk

Tuesday, September 7
Professional Development

NO SCHOOL TODAY

Wednesday, September 8
 BBQ Rib Sandwich
 Baked Beans
 Sweet Potato Fries
 Fruit Cup
 Fruit Juice
 Choice of Milk

Thursday, September 9
 Pork Patty
 Mashed Potatoes
 Steamed Carrots
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Friday, September 10
 Italian Pull-Apart
 Marinara Sauce
 Green Beans
 Fruit Cup
 Fruit Juice
 Choice of Milk

Monday, September 13
 Taquito
 Salsa
 Corn
 Fruit Cup
 Fruit Juice
 Choice of Milk

Tuesday, September 14
 Country Fried Steak
 Mashed Potatoes
 Pinto Beans
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Wednesday, September 15
 Popcorn Chicken
 Mashed Potatoes
 Steamed Broccoli
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Thursday, September 16
 Salisbury Steak
 Mashed Potatoes
 Steamed Carrots
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Friday, September 17
 Hot Dog
 Chili Beans
 Sweet Potato Fries
 Fruit Cup
 Fruit Juice
 Choice of Milk

Monday, September 20
 Taco
 Salsa
 Corn
 Fruit Cup
 Fruit Juice
 Choice of Milk

Tuesday, September 21
 Chicken Alfredo
 Roasted Potatoes
 Green Beans
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Wednesday, September 22
 Chicken Nuggets
 Mashed Potatoes
 Cooked Spinach
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Thursday, September 23
 Beef Sticks
 Mashed Potatoes
 Steamed Carrots
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Friday, September 24
 Mini Corn Dog Nuggets
 Baked Beans
 Seasoned Potatoes
 Fruit Cup
 Fruit Juice
 Choice of Milk

Monday, September 27
 Burrito
 Corn
 Salsa
 Fruit Cup
 Fruit Juice
 Choice of Milk

Tuesday, September 28
 Chicken Tenders
 Mashed Potatoes
 Steamed Carrots
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Wednesday, September 29
 Popcorn Chicken
 Mashed Potatoes
 Steamed Broccoli
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Thursday, September 30
 Fish Nuggets
 Mashed Potatoes
 White Beans
 Hot Roll
 Fruit Cup
 Fruit Juice
 Choice of Milk

Word of the Month
Respect
Showing high regard for authority, other people, self, and country. Treating others as you would want to be treated.
Understanding that all people have value as human beings.