

Menus for August 2026

FES GES
RCES SCES
RCMS SCMS

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



DID YOU KNOW?

There are so many apple varieties that if you were to eat an apple a day, it would take you over 27 years to try them all. (And more kinds are produced every year!)



Remember!

**Available
Daily @
Breakfast:**

Choice of Milk, Juice & or Fruit.
We also offer Cereal &

Eating a healthy lunch gives you energy to think and play in the afternoon!

Happy Lunch!



**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

**KIDS! Join us daily for
the original value meal!**

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an
application, thanks to the
Community Eligibility Program!



Grab & Go



1. PB & J
2. Yogurt & Cheese Stick
3. Chicken Salad
4. Spicy Chicken Sandwich
5. Pepperoni Pizza
6. Corn Dog Nuggets
7. Pretzel
8. Salad



Wednesday, August 5

Breakfast

Waffle



Lunch

Choice of One

Stuffed Crust Pizza
Grab & Go #1

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Corn, Carrots, Fruit,

Choice of Milk



## Thursday, August 6

### Breakfast

Cinnamon Roll

### Lunch

#### Choice of One

Chicken Nuggets  
Grab & Go #2

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Roll

Mashed Potatoes
Green Beans, Fruit
Choice of Milk

Friday, August 7

Breakfast

Egg & Cheese
Croissant

Lunch

Choice of One

Hamburger
Cheeseburger
Grab & Go #3

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Fries, Pickle Slices  
Broccoli Cup,  
Fruit, Trimmings  
Choice of Milk

## Monday, August 10

### Breakfast

Muffin & Cheese

### Lunch

#### Choice of One

Chicken & Waffle  
Grab & Go #1 or #4

~~Breakfast~~

Scrambled Eggs  
Tater Tots, Salsa  
Baked Apples  
Choice of Milk

## Tuesday, August 11

### Breakfast

Cherry Frudel

### Lunch

#### Choice of One

Chicken Gordita  
Grab & Go #5 or #6

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Corn
Garlic
Roasted Potatoes
Fruit
Choice of Milk



Wednesday, August 12

Breakfast

Pancake on
Stick



Lunch

Choice of One

Fish Nuggets
Grilled Chicken Nuggets
Grab & Go #7 or #8

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Hush Puppies, Cole Slaw  
Pinto Beans  
Macaroni & Cheese  
Fruit  
Choice of Milk

## Thursday, August 13

### Breakfast

Yogurt & Granola

### Lunch

Chicken Tenders  
Grab & Go #2

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Roll

Mashed Potatoes
Green Beans
Fruit
Choice of Milk



Friday, August 14

Breakfast

Sausage Biscuit

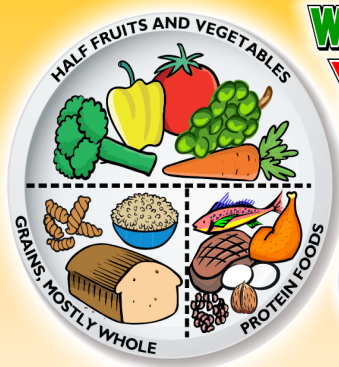
Lunch

Choice of One

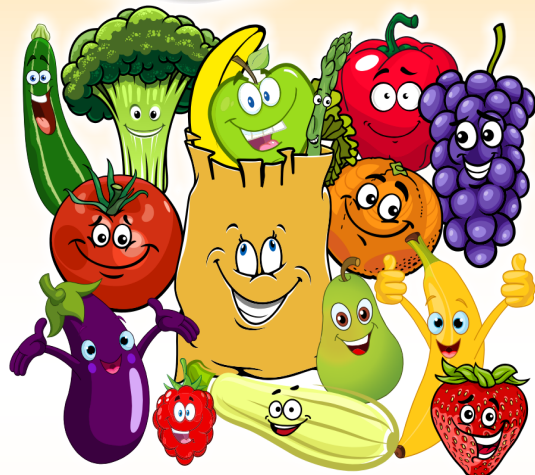
Breaded Chicken
Sandwich & Spicy
Chicken Sandwich
Grab & Go #8

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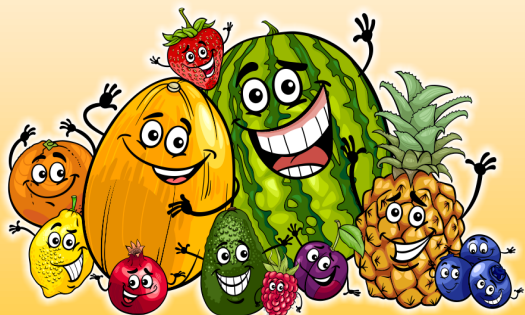
Pickle Slice, Broccoli Cup  
Sweet Potato Fries  
Trimmings, Fruit  
Choice of Milk



What's on  
**YOUR**  
plate?



Try to eat a  
**RAINBOW**  
of different colors!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, August 17**

**Breakfast**

French Toast Slices

**Lunch**

**Choice of One**

Mini  
Corndog  
Nuggets



Grab & Go #1 or #4

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Baked Beans, Cole Slaw
Macaroni & Cheese
, Fruit
Choice of Milk

Tuesday, August 18

Breakfast

Pancake on Stick

Lunch

Choice of One

Cheese Pizza
Grab & Go #5 or #6

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Corn, Side Salad  
Fruit  
Choice of Milk

**Wednesday, August 19**

**Breakfast**

Chicken  
Biscuit



**Lunch**

**Choice of One**

BBQ Rib Sandwich  
Grab & Go #7 or #8

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Broccoli Cup
Curly Fries
Fruit
Choice of Milk



Thursday, August 20

Breakfast

Yogurt &
Granola



Lunch

Choice of One

Popcorn Chicken
Grab & Go #2

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Roll  
Mashed Potatoes  
Green Beans  
Fruit  
Choice of Milk

**Friday, August 21**

**Breakfast**

Sausage Biscuit

**Lunch**

**Choice of One**

Hamburger  
Cheeseburger  
Grab-N-Go #3

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Pickle Slices,
Carrot
French Fries
Trimmings, Fruit
Choice of Milk



Monday, August 24

Breakfast

Lemon Bread



Lunch

Choice of One

Garlic Cheese Toast
Grab & Go #1 or #4

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Corn



Marinara Sauce  
Fruit  
Choice of Milk

**Tuesday, August 25**

**Breakfast**

Cinni Minis

**Lunch**

**Choice of One**

Sweet Thai Chicken  
Grab & Go #5 or #6

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Fried Rice
Steamed Carrots
Steamed Broccoli
Fruit
Choice of Milk

Wednesday, August 26

Breakfast

Breakfast Pizza

Lunch

Choice of One

Walking Taco
Grab & Go
#7 or #8

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Refried Beans  
Salsa, Corn  
Taco Trimmings, Fruit  
Choice of Milk



**Thursday, August 27**

**Breakfast**

Apple Frudel

**Lunch**

Drumstick  
Grab & Go #2

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Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, August 28

Breakfast

Sausage Biscuit

Lunch

Choice of One

Breaded Chicken Sandwich
Hot & Spicy Chicken
Sandwich
Grab & Go #3

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Pickle Slices, Fries,  
Trimmings, Fruit  
Cucumber Cup  
Choice of Milk

**Friday, August 31**

**Breakfast**

Donut

**Lunch**

**Choice of One**

Stuffed Crust Pizza  
Toasted Cheese Sandwich  
Grab & Go #1

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Corn, Carrots
Fruit
Choice of Milk



Rhea County School
Nutrition Program is
proud to offer LINQ
again this year. It is a
safe & secure way for
parents to make
online payments to
your student's
account. Please see
the barcodes to
access the LINQ
portal.



Google Play



App Store