

2024

OCTOBER

Robertson County Schools Pre-K and Headstart Lunch Menu

MONDAY

Whole Grain Popcorn Chicken
 ½ cup Steamed Broccoli
 ½ cup Fruit
 1cup 1% White Milk

TUESDAY

Totally Taco Meat
 Whole Grain Tortilla Chips
 ½ cup Refried Beans
 ¼ cup Shredded Cheese
 ½ cup Fruit
 1cup 1% White Milk

WEDNESDAY

Scrambled Eggs
Whole Grain Steak Patty Biscuit
 ½ cup Dragon Punch
 ½ cup Fruit
 1cup 1% White Milk

THURSDAY

Whole Grain Cheese Pizza
 ½ cup Steamed Broccoli
 ½ cup Fruit
 1cup 1% White Milk

FRIDAY

Chicken Sandwich
 On Whole Grain Bun
 ½ cup French Fries
 ½ cup Fruit
 1cup 1% White Milk



Menus are Subject To Change Due to Unforeseen Circumstances
 For Individual Detailed School Menus and Nutrition information visit
<https://rcstn.nutrislice.com>

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For complete USDA Non-Discrimination statement please visit our website

14
Boneless Chicken Chunks
 ½ cup Broccoli and Cheese
 ½ cup Fruit
 1 cup 1% White Milk

15
Cheesy Spaghetti and Meatsauce
 ½ cup Green Beans
 ½ cup Fruit
 1cup 1% White Milk

16
Whole Grain Popcorn Chicken
 ½ cup Black-Eyed Peas
 ½ cup Fruit
 1cup 1% White Milk

17
Whole Grain Cheese Pizza
 ½ cup Corn
 ½ cup Fruit
 1cup 1% White Milk

18
Hamburger
 On Whole Grain Bun
 ½ cup Tator Tots
 ½ cup Fruit
 1cup 1% White Milk
 Fruit and Milk Choices

21
Mandarin Orange Chicken
 ½ cup Whole Grain Fried Rice
 ½ cup Steamed Broccoli
 ½ cup Fruit
 1cup 1% White Milk

22
Cheeseburger Macaroni and Cheese
 ½ cup Sweet Glazed Carrots
 ½ cup Fruit
 1cup 1% White Milk

23
Chicken Parmesan Bites
 ½ cup Green Beans
 ½ cup Fruit
 1cup 1% White Milk

24
Whole Grain Cheese Pizza
 ½ cup Corn
 ½ cup Fruit
 1cup 1% White Milk

25
Chicken Sandwich
 On Whole Grain Bun
 ½ cup French Fries
 ½ cup Fruit
 1cup 1% White Milk

28
Whole Grain Chicken Tenders
 ½ cup Mashed Potatoes
 ¼ cup Brown Gravy
 ½ cup Fruit
 1cup 1% White Milk

29
Whole Grain Popcorn Chicken
 ½ cup Green Beans
 ½ cup Fruit
 1cup 1% White Milk

30
Grilled Cheese Sandwich
 On Whole Grain Bread
 ½ cup Baby Carrots w/ Ranch
 ½ cup Fruit
 1cup 1% White Milk

31
Whole Grain Cheese Pizza
 ½ cup Corn
 ½ cup Fruit
 1cup 1% White Milk

Hamburger
 On Whole Grain Bun
 ½ cup Tator Tots
 ½ cup Fruit
 1cup 1% White Milk
 Fruit and Milk Choices