

RCW November Lunch Menu K-12th

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Crispy Chicken Nuggets Macaroni & Cheese Dinner Roll Deli Sandwich Crispy Chicken Salad 2nd HOT OPTION HS ONLY Crispy Chicken Sandwich Green Beans Fruit and Vegetable Bar Choice of Milk	Taco-in-a Bag Spanish Rice Cowboy Munchable Crispy Chicken Salad 2nd HOT OPTION HS ONLY Pizza Quesadilla Refried Beans Fruit and Vegetable Bar Choice of Milk	Chicken Bacon Alfredo Flatbread Chicken Nacho Munchable Crispy Chicken Salad 2nd HOT OPTION HS ONLY Classic Cheeseburger Tator Tots Fruit and Vegetable Bar Choice of Milk	Popcorn Chicken Bowl Dinner Roll Cowboy Munchable Crispy Chicken Salad Mashed Potatoes Corn Fruit and Vegetable Bar Choice of Milk	Pepperoni Pizza Deli Sandwich Crispy Chicken Salad Roasted Broccoli Fruit and Vegetable Bar Choice of Milk
10	11	12	13 HOM- Pumpkin /Swavory Adventures	14
Grilled Ham & Cheese Sandwich Deli Sandwich Chef Salad 2nd HOT OPTION HS ONLY Crispy Chicken Sandwich Tator Tots Fruit and Vegetable Bar Choice of Milk	Chicken Tacos Mexican Brown Rice Brunchable Munchable Chef Salad 2nd HOT OPTION HS ONLY Pizza Quesadilla Refried Beans Fruit and Vegetable Bar Choice of Milk	Crispy Chicken Sandwich Deli Sandwich Chef Salad 2nd HOT OPTION HS ONLY Classic Cheeseburger Green Beans Fruit and Vegetable Bar Choice of Milk	Hot Dogs Brunchable Munchable Chef Salad 2nd HOT OPTION HS ONLY Popcorn Chicken Pumpkin & Black Bean Quesadilla Baked Beans Fruit and Vegetable Bar Choice of Milk	Chicken Alfredo Garlic Breadstick Deli Sandwich Chef Salad Roasted Broccoli Fruit and Vegetable Bar Choice of Milk
17	18	19	20 LTO Tasting- Zatar Sumac Chicken Wings	21 HOM- Sweet Potato/ Swavory Adventures
BBQ Chicken Sandwich Deli Sandwich Chicken Caesar Salad 2nd HOT OPTION HS ONLY Crispy Chicken Sandwich Green Beans Fruit and Vegetable Bar Choice of Milk	Chicken Nacho's Ham Munchable Chicken Caesar Salad 2nd HOT OPTION HS ONLY Pizza Quesadilla Refried Beans Fruit and Vegetable Bar Choice of Milk	Orange Chicken Brown rice Deli Sandwich Chicken Caesar Salad 2nd HOT OPTION HS ONLY Classic Cheeseburger Peas Fruit and Vegetable Bar Choice of Milk	Corn Dog French Fries Ham Munchable Chicken Caesar Salad 2nd HOT OPTION HS ONLY Popcorn Chicken Baked Beans Fruit and Vegetable Bar Choice of Milk	Pepperoni Pizza Deli Sandwich Chicken Caesar Salad Pumpkin Spiced Roasted Vegetables Roasted Broccoli Fruit and Vegetable Bar Choice of Milk
24	25 HOM- Sage Thanksgiving Meal!	26	27 NO SCHOOL	28 NO SCHOOL
Dutch Waffle w/ Fruit Topping Sausage Patty Deli Sandwich Craving Chicken Salad 2nd HOT OPTION HS ONLY Crispy Chicken Sandwich Tator Tots Fruit and Vegetable Bar Choice of Milk	Baked Ham Dinner Roll Stuffing Dessert Mashed Potatoes w/ gravy Corn Fruit and Vegetable Bar Choice of Milk	Cheeseburger Deli Sandwich Craving Chicken Salad Baked beans Fruit and Vegetable Bar Choice of Milk		

Student FREE \$3.00 Extra Entree \$3.50 Salad Only \$5.25 Adult Meal Extra Milk \$.50

Milk choice of 1% White Milk or Fat Free Chocolate Skim Milk is Included with Lunch. Entree Salads are served with a Dinner Roll. For Questions or Comments, Contact Kimberly Garza at 320-329-8368 x 1027 or email RenvilleCtyWFSD@Taher.com





Menus and nutrition

