

# October



Monday

Sausage, Egg & Cheese Breakfast Sandwich

Tuesday

Scrambled Eggs, Sausage Links, Breakfast Pastry

Wednesday

Ham, Egg & Cheese Breakfast Sandwich

Thursday

Scrambled Eggs, Bacon, Breakfast Pastry

Friday

Breakfast Pizza & Whatnot



Breakfast is provided at no cost.  
Wg cereal, fruit and milk offered  
daily.

Whatnots are rotating homemade  
dishes our kitchen staff creates  
using on-hand items, offering  
students a new dish to try.



# OCTOBER



K-5



Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                     |                                                     |                                                                |                                               |                                                                   |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------|
|                                                                                                     |                                                     |                                                                | 1<br>Texas Toast<br>Grilled Cheese<br>Sprouts | 2<br>Cook's Choice<br>Roasted Broccoli                            |
| 5<br>Chicken<br>Tenders<br>Sweet<br>Potatoes                                                        | 6<br>Chicken<br>Quesadilla<br>Pizza<br>Beans, Corn  | 7<br>Garlic Parm<br>Drumstick<br>Garlic Bread<br>Veggie Sticks | 8<br>Sloppy Joe<br>Green Beans                | 9<br>Staff<br>Development<br>Day                                  |
| <br>Columbus Day | 13<br>Pot Stickers<br>Corn<br>Black Beans           | 14<br>All Things Pizza<br>Roasted<br>Cauliflower               | 15<br>Cheeseburger<br>Sprouts                 | 16<br>Oven Roasted<br>Chicken<br>Garlic Bread<br>Roasted Broccoli |
| 19<br>All Things<br>Chicken<br>Sweet Potatoes                                                       | 20<br>Turkey Tacos<br>Corn<br>Veggie Beans          | 21<br>All Things<br>Pizza<br>Peas                              | 22<br>Bbq Chicken<br>Wrap<br>Green Beans      | 23<br>Meatball<br>Parm Sub<br>Roasted<br>Broccoli                 |
| 26<br>Breaded<br>Drumstick<br>Sweet Potatoes                                                        | 27<br>Pulled Pork<br>Nachos<br>Corn<br>Veggie Beans | 28<br>All Things<br>Pizza<br>Cauliflower                       | 29<br>Chicken<br>Spiedies<br>Rice<br>Sprouts  | 30<br>Chicken Parm<br>Sandwich<br>Roasted Broccoli                |

RCCSD is an equal opportunity provider and employer.

All students enrolled are eligible to receive one complete BREAKFAST and LUNCH per day at no cost. PB&J's, salad, assorted fruit and milk offered daily. Menu is subject to change. RCCSD aims to accommodate all student dietary needs including food allergies and religious restrictions. Please contact the Director of School Nutrition to make those accommodations.

The background is a detailed Halloween-themed illustration. It features several orange jack-o'-lanterns with carved faces, some of which are glowing. Dark, gnarled tree branches and vines are draped across the scene. Several black bats are shown in flight. On the left side, a witch's face and a portion of her black hat are visible. The overall color palette is dominated by orange, black, and grey, with a dark, textured background.

# Breakfast

**Monday** Sausage, Egg & Cheese Breakfast Sandwich

**Tuesday** Scambled eggs, Sausage Links, & WG Pastry

**Wednesday** Ham, Egg & Cheese Breakfast Sandwich

**Thursday** Scambled eggs, Bacon, & WG Pastry

**Friday** Breakfast Pizza & Whatnot

Breakfast is provided at no cost; Wg cereal, fruit and milk offered daily. Whatnots are rotating homemade creations our kitchen staff creates using on-hand items, offering students a new dish to try.

# October

6-12

Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                          |                                                       |                                                          |                                               |                                                                   |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------|
|                         |                                                       |                                                          | 1<br>Texas Toast<br>Grilled Cheese<br>Sprouts | 2<br>Cook's Choice<br>Roasted<br>Broccoli                         |
| 5<br>Chicken<br>Tenders<br>Sweet<br>Potatoes                                                             | 6<br>Chicken<br>Quesadilla<br>Pizza<br>Beans, Corn    | 7<br>Wing Ding,<br>Dippin'<br>Wednesday<br>Veggie Sticks | 8<br>Sloppy Joe<br>Green Beans                | 9<br>Staff<br>Development<br>Day                                  |
| 12<br><br>Columbus Day | 13<br>Pot Stickers<br>Eggroll<br>Corn<br>Black Beans  | 14<br>All Things Pizza<br>Roasted<br>Cauliflower         | 15<br>Cheeseburger<br>Sprouts                 | 16<br>Oven Roasted<br>Chicken<br>Garlic Bread<br>Roasted Broccoli |
| 19<br>All Things<br>Chicken<br>Sweet Potatoes                                                            | 20<br>Turkey Tacos<br>Corn<br>Veggie Beans            | 21<br>All Things<br>Pizza<br>Peas                        | 22<br>Bbq Chicken<br>Wrap<br>Green Beans      | 23<br>Meatball<br>Parm Sub<br>Roasted<br>Broccoli                 |
| 26<br>Breaded<br>Drumstick<br>Sweet Potatoes                                                             | 27<br>Pulled Pork<br>Sandwich<br>Corn<br>Veggie Beans | 28<br>All Things<br>Pizza<br>Cauliflower                 | 29<br>Chicken<br>Spiedies<br>Rice<br>Sprouts  | 30<br>Chicken Parm<br>Sandwich<br>Roasted Broccoli                |

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