

October

RCCS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Halloween Tips -Fill Up before Trick or Treating. A full stomach reduces the urge to overindulge in candy. -Limit the Haul. Take only one treat per house and use a smaller bag -Eat Balanced Meals to Avoid Spikes Avoid “saving up” calories all day, instead eat a mix of protein, fiber, and healthy fats (e.g., nuts, cheese, yogurt) before or with candy to stabilize blood sugar and prevent overeating			Oct -1 General Tso’s Chicken Vegetables of the Day Fruit of the Day Milk Variety	Oct- 2 Hamburger/WG bun Vegetables of the Day Fruit of the Day Milk Variety
				
Oct- 5 Chicken Tenders WG Roll (HS) Vegetables of the Day Fruit of the Day (2 for HS) Milk Variety	Oct- 6 Breaded Pork Chop Mac and Cheese Vegetables of the Day Fruit of the Day Milk Variety	Oct– 7 Chimichanga Tostones Beans Vegetable of the Day Fruit of the Day Milk Variety	Oct- 8 Barbeque Chicken Mashed Potatoes Corn Bread Vegetable of the Day Fruit of the Day Milk Variety	Oct- 9 Corn Dog Baked Beans Vegetable of the Day Fruit of the Day (2 for HS) Milk Variety
Oct- 12 No School	Oct- 13 Pizza Vegetables of the Day Fruit of the Day Milk Variety	Oct- 14 Nachos Beans Vegetables of the Day Fruit of the Day Milk Variety	Oct- 15 Chicken Drumstick WG roll Vegetables of the Day Fruit of the Day Milk Variety	Oct- 16 Ham Sandwich Vegetables of the Day Fruit of the Day Milk Variety
Oct- 19 Chicken Patty Sandwich Vegetable of the Day Fruit of the Day (2 for HS) Milk Variety	Oct- 20 Pasta w/ meat sauce WG roll Vegetables of the Day Fruit of the Day (2 for HS) Milk Variety	Oct– 21 No lunch for MS/HS Turkey Sandwich Vegetables of the Day Fruit of the Day Milk Variety	Oct- 22 Popcorn Chicken WG roll (HS) Vegetables of the Day Fruit of the Day (2 for HS) Milk Variety	Oct- 23 Barbeque rib sandwich Beans Vegetables of the Day Fruit of the Day (2 for HS) Milk Variety
Oct- 26 Chicken Nuggets WG roll Vegetables of the Day Fruit of the Day (2 HS) Milk Variety	Oct- 27 Pizza Vegetables of the Day Fruit of the Day Milk Variety	Oct– 28 Tamale Rice/Beans Vegetables of the Day Fruit of the Day (2 for HS) Milk Variety	Oct- 29 Hot Dog Vegetables of the Day Fruit of the Day Milk Variety	Oct- 30 Grilled Cheese Vegetables of the Day Fruit of the Day Milk Variety

Vegetables of the Day May Include: carrots, corn, green beans, broccoli, mixed vegetables, peas, beans, mashed potato, salad
Fruit of the Day May Include: apples, oranges, banana, peaches, strawberries, pears, mixed fruit, tangerines, pineapple
Wraps: Turkey or Ham **Salads:** Chef or Cesar