November

RCCS Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 Hamburger Baked Beans Mini Rice Krispie Vegetables of the day Fruit of the day (2) Milk variety	Nov - 3 No school	Nov - 4 Turkey Sandwich Vegetables of the day Fruit of the day Milk variety	Nov - 5 Spaghetti with meat sauce WG roll Vegetables of the day Fruit of the Day (2) Milk variety	Nov - 6 Pizza Vegetables of the day Fruit of the Day Milk variety
Nov - 9 Sloppy Joe Baked Beans Vegetables of the day Fruit of the Day (2) Milk variety	Nov - 10 Chicken Tenders WG roll Vegetables of the day Fruit of the Day (2) Milk variety	Nov - 11 Ham Sandwih Vegetables of the day Fruit of the Day Milk variety	Nov - 12 Salisbury Steak Mashed potato WG roll Vegetables of the day Fruit of the Day (2) Milk variety	Nov - 13 Calzone Vegetables of the day Fruit of the Day (2) Milk variety
Nov - 16 Hot Dog Baked Beans Vegetables of the day Fruit of the Day Milk variety	Nov - 17 Chicken Patty Sandwich Vegetables of the day Fruit of the Day (2) Milk variety	Nov - 18 No lunch for HS	Nov - 19 Hot turkey/Gravy Mashed potato Corn Bread Green beans WG roll Cranberrry Fruit of the day Milk variety	Nov - 20 Pizza Vegetables of the day Fruit of the Day Milk variety



Eating fruits and vegetables is a great way to get the most nutrition out of your calories. They are packed with vitamins, minerals, fiber and other nutrients. So eat your 5 servings of fruits and vegetables today!



Vegetable of the Day may include Carrots, Broccoli, Corn, Potato, Peas, Green beans, Salad or variety of Mixed Veggies

Fruit of the Day may include Apples, Oranges, Banana, Peaches, Pears, Juice, Mixed Fruit Cup, Strawberries or Pineapple

Choice of Wrap Available Daily: Turkey/Cheese or Ham/Cheese

Choice of Salad Available Daily: Chef, Cesear

