

RCAAS LUNCH MENU January 2023

Menu is subject to change due to product availability	March 2023			This institution is an equal opportunity provider
RCAAS Menu				

		1		2		3		<i>Weekly special</i>	
		Walking taco OR Super salad Refried beans Fresh fruit Tofts milk		Cheese boacos OR Chicken bacon ranch french bread pizza California blend veggies Fresh fruit Tofts milk		Pizza (varienty) OR Ham and cheese allders on Hawaiian roll Side salad Fresh fruit Tofts milk		<i>Pork carnita tostadas</i> 	
6		7		8		9		10	
Hot dog OR Calzone French fries Side salad Fresh fruit Tofts milk		Pasta with meat sauce and garlic bread OR Pork carnita street taco Steamed broccoll Fresh Fruit Tofts Milk		Cheeseburger OR Buffalo chicken nachos Jalapeno popper twice baked potatoee Fresh Fruit Tofts Milk		Mozzarella sticks OR BBQ hot dog and potato foil packs Green beans with peppers Fresh fruit Tofts milk		Beef and cheese nachos OR Philly cheesesteak sandwich Refried beans Fresh fruit Tofts milk	
								<i>Weekly special</i> <i>Chicken Alfredo meatball</i> 	
13		14		15		16		17	
Chicken tenders OR Cheese quesadilla Baked beans Fresh fruit Tofts milk		Mac&cheese with dinner roll OR Sriracha chicken Po Boy California veggie blend Fresh Fruit Tofts milk		Chlnese chicken bowl OR Uncrustable Carrots and peas Fresh fruit Tofts milk		Cheesey meatloaf, mashed potatoee, biscuit OR Grilled chicken club sandwich French fries Fresh fruit Tofts milk		Pizza (varienty) OR Spicy chicken tenders Side salad Fresh fruit Tofts milk	
								<i>Weekly special</i> <i>Shepherds pie stuffed potato skins</i> 	
20		21		22		23		24	
Chicken patty sandwich OR Sloppy Joe Bacon ranch pasta salad Corn on the cob Fresh fruit Tofts milk		Grilled cheese & tomato soup OR Crispy chicken salad Broccoll and cheese Fresh fruit Tofts milk		Popcorn chicken bowl OR Meatball sub Cucumber dill salad Fresh fruit Tofts milk		Mini corn dogs OR 6th grade boys choice, BBQ turkey,ham &cheese panini French fries Fresh fruit Tofts milk		Soft beef taco OR Pulled pork twice baked potatoee Fiesta corn salad Fresh fruit Tofts milk	
								<i>Weekly Special</i> <i>Roasted pepper rice&chicken</i> 	
27		28		29		30		31	
Pizza crunchers OR Ham&cheese sandwich Parmesan roasted cauliflower Fresh fruit Tofts milk		Boacos OR Hot dog grilled cheese Roasted red potatoee Green beans Fresh fruit Tofts milk		Spaghetti and meatballs OR BLT chicken Alfredo french bread pizza Spinach salad Fresh fruit Tofts milk		Taco tater tots OR BBQ rib sandwich Steamed corn Fresh fruit Tofts milk		Pizza (varienty) OR Parmesan chicken caesar wrap Side salad Fresh fruit Tofts milk	
								<i>Weekly Special</i> <i>philly cheesesteak sloppy joe</i> 	