

Meal Prices






Breakfast: \$1.25  
 Lunch: \$2.10  
 8 oz. Milk A La Carte: \$0.40

Second Choice

Additional menu entrees offered daily.  
 Choice of 1% Low Fat White Milk or Fat Free Chocolate Milk  
 is offered daily for breakfast and lunch.  
 Condiments are offered with appropriate menu items.

Prepayments

Prepayments can be made at the school cafeteria,  
 at the District, or online at [www.myschoolbucks.com](http://www.myschoolbucks.com).  
 Please make checks payable to RUSD Nutrition Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mini Corn Dogs Spinach Salad Kidney Beans Fresh Fruit Fruit Juice 	2 Pasta with Meat Sauce Mozzarella Breadstick Baby Carrots Jicama Sticks Fresh Fruit Mandarin Oranges	3 Pizza Hut Entrée* Combo Salad Corn Niblets Fresh Fruit Raisels 	4 <i>Breakfast for Lunch</i> Cinnamon French Toast Sausage Link* Tri Taters, Cherry Tomatoes Fresh Fruit Strawberry Delight	5 Roast Beef & Cheese Sandwich Vegetable Sticks Cucumber Slices Fresh Fruit Pineapple Tidbits 
8 Chicken Nuggets Romaine Salad Cherry Tomatoes Fresh Fruit Applesauce	9 Teriyaki Chicken Rice Bowl Broccoli Buds Carrot Coins Fresh Fruit Strawberry Delight 	10 Pizza Hut Entrée* Combo Salad Corn Niblets Fresh Fruit Dried Fruit Mix	11 Pork Rib B Que Sandwich* Coleslaw Corn Niblets Fresh Fruit Mixed Fruit 	12 Roasted Chicken Artisan Roll Red Skin Potatoes Jicama Sticks Holiday Fruit Salad Fruit Juice



# Winter Break

## December 15th - January 2nd



The *Harvest of the Month* featured vegetable is **Broccoli**

- A ½ cup of broccoli is about the size of one cupped handful; it is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.
- Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).