
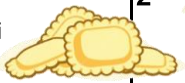


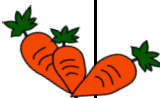







Meal Prices

Lunch: \$2.00
 8 oz. Milk A La Carte: \$0.40

Prepayments

Prepayments can be made at the school cafeteria, at the District, or online at www.myschoolbucks.com. Please make checks payable to RUSD Nutrition Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Beef Ravioli  Breadstick Spinach Salad Jicama Sticks Fresh Fruit Apricot Halves	2 Pizza Hut Entrée* Combo Salad Fresh Fruit Fruit Juice	3 Turkey Taco Nada Refried Beans  Corn Niblets Fresh Fruit Diced Pears	4 Garlic Cheese Melt Sliced Red Bell Peppers Zucchini Coins Frozen Fruit Juice Applesauce
7  NO SCHOOL	8 Popcorn Chicken Baby Carrots Celery Pack Fresh Fruit Mixed Fruit Goldfish Cracker 	9 Pizza Hut Entrée*  Combo Salad Fresh Fruit Fruit Juice	10 Grilled Cheese Sandwich  Romaine Salad Kidney Beans Fresh Fruit Pineapple Chunks	11 Cinnamon French Toast Sausage Link* Vegetable Sticks Fruit Juice Strawberry Applesauce
14 Cheese Quesadillas Broccoli Florettes Carrot Pack Fresh Fruit Diced Peaches 	15 Grilled Chicken Sandwich  Lettuce & Pickles Sliced Tomatoes Fresh Fruit Apricot Halves	16 Pizza Hut Entrée* Combo Salad Fresh Fruit Fruit Juice	17 Turkey & Gravy Artisan Roll Mashed Potatoes  Green Beans Fresh Fruit Diced Pears	18 Beef Taco Salad Shredded Lettuce & Cheese Fiesta Salad Frozen Fruit Juice Applesauce

Menu subject to change

USDA is an equal opportunity provider and employer.







*Contains pork

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>Rowland Burger Sweet Potato Fries Lettuce & Pickles Fresh Fruit Mixed Fruit</p>	<p>22</p> <p>Teriyaki Chicken Rice Bowl Cauliflower Buds Zucchini Coins Fresh Fruit Mandarin Oranges</p> 	<p>23</p> <p>Pizza Hut Entrée* Combo Salad Fresh Fruit Fruit Juice</p> 	<p>24</p> <p>Mini Corn Dogs Corn Niblets Jicama Sticks Fresh Fruit Pineapple Chunks</p> 	<p>25</p> <p>Turkey & Cheese Sandwich Spinach Salad Garbanzo Beans Fruit Juice Strawberry Applesauce</p>
<p>28</p> <p>Chicken Nuggets Aloha Roll Mashed Potatoes Corn Niblets Fresh Fruit Diced Peaches</p> 	<p>29</p> <p>Beef Dunker with Savory Rice Edamame Soy Beans Carrot Pack Fresh Fruit Apricot Halves</p>	<p>30</p> <p>Pizza Hut Entrée* Combo Salad Fresh Fruit Fruit Juice</p> 	<p>Choice of 1% Low Fat White Milk or Fat Free Chocolate Milk is offered daily for breakfa and lunch. Condiments are offered with appropriate menu items.</p> 	

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The Harvest of the Month featured vegetable is

ZUCCHINI



- A ½ cup of sliced zucchini is about one cupped handful.
- A ½ cup of sliced zucchini is a good source of vitamin C.
- It also provides a source of manganese. This mineral is involved in the formation of bone and connective tissue. It is important for growing children.