



RCA Lunch Menu

March 2019

First Name: _____

Last Name: _____

Grade: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

of Entrees _____ x \$3.55 = _____
 # of Extra _____ x \$2.25 = _____
 # of Only Milk _____ x \$0.50 = _____
 Total = _____

Parents please
 calculate your total for the month.

Due: 2/19

Dominos Cheese Pizza 1
 Slice
 Lettuce Salad
 Fresh Vegetables
 Fresh Fruit
 Only Milk

Menu Options

**Circle one each day:
 Hot Entrée or
 Cold Sandwich***

**Note: Friday is pizza slice
 only, no cold entrée
 choice.**

**Want an Extra Entrée?
 Write the number 2 on the
 date along with circling
 the menu option.**

**Does your child
 bring a lunch from
 home but would like to
 purchase milk?
 Circle "Only Milk"**

**Child lunch \$3.55
 Extra lunch \$2.25
 Adult lunch \$3.55
 Milk only \$0.50**

***All sandwiches come with
 fruit and vegetables..**

***All items are subject
 to change**

Sloppy Joe 4
 Turkey / Cheddar Sandwich
 Carrot + Celery Sticks
 Red Apple
 Sun Chips
 Only Milk

Chicken Nuggets 5
 Chicken and Cheddar Wrap
 Seasoned Hash Browns
 Fresh Broccoli
 Pineapple Chunks
 Only Milk

Chicken and Penne Pasta 6
 Turkey Ham/Swiss
 Mixed Green Salad with
 Creamy Italian Dressing
 Banana
 W.G. Bread Stick
 Only Milk

Cheese Burger 7
 Chicken Caesar Wrap
 Baked Beans
 Baby Carrots
 Golden Apple
 Only Milk

Dominos Cheese Pizza 8
 Slice
 Lettuce Salad
 Fresh Vegetables
 Fresh Fruit
 Only Milk

Baked Chicken Tenders 11
 Turkey / Cheddar Sandwich
 Baby Carrots
 Pineapple Chunks
 Sun Chips
 Only Milk

Cheese Pizza 12
 Chicken and Cheddar Wrap
 Mixed Salad
 Salad Topping
 Banana
 Only Milk

Baked Chicken Breast 13
 in a Chicken Gravy
 Turkey Ham/Swiss
 Mashed Potatoes
 Grape Tomatoes
 Orange
 Slice of W.G. Bread

Soft Beef Taco x2 14
 Chicken Caesar Wrap
 Lettuce and Cheese
 Sliced Cucumbers
 Red Apple
 Tortilla Chips with Salsa

Dominos Cheese Pizza 15
 Slice
 Lettuce Salad
 Fresh Vegetables
 Fresh Fruit
 Only Milk

Baked Chicken Patty 18
 on a W.G. Bun
 Turkey / Cheddar Sandwich
 Carrot + Celery Sticks
 Red Apple
 Sun Chips
 Only Milk

Sliced Chicken Alfredo 19
 with Penne Pasta
 Chicken and Cheddar Wrap
 Mixed Green Salad
 Sliced Peaches
 W.G. Bread Stick
 Only Milk

Salisbury Steak in a
 Beef Gravy 20
 Turkey Ham/Swiss
 Mashed Potatoes
 Grape Tomatoes
 Banana
 Slice of W.G. Bread

White Chicken Chili 21
 with Beans
 Chicken Caesar Wrap
 Shredded Cheddar
 Creamy Cole Slaw
 Pineapple Chunks
 W.G. Dinner Roll

Dominos Cheese Pizza 22
 Slice
 Lettuce Salad
 Fresh Vegetables
 Fresh Fruit
 Only Milk

BBQ Chicken on Bun 25
 Turkey / Cheddar Sandwich
 Baked Beans
 Baby Carrots
 Golden Apple
 Only Milk

Baked Meatloaf 26
 Chicken and Cheddar Wrap
 Mashed Potatoes
 Grape Tomatoes
 Banana
 W.G. Dinner Roll
 Only Milk

W.G. Lasagna Rolls 27
 Turkey Ham/Swiss
 Mixed Green Salad with
 Creamy Italian Dressing
 Pineapple Chunks
 W.G. Bread Stick
 Only Milk

Soft Chicken Taco x2 28
 Chicken Caesar Wrap
 Fresh Broccoli
 Red Apple
 Tortilla Chips with Salsa
 Only Milk