

February 2010

R.G.C.C.I.S.D. Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pig in a Blanket Or Cereal 1	Breakfast Taco Or Cereal 2	Waffles/ Mini Pancakes (BIB) 3 Or Cereal	Tamales Or Cereal 4	PBJ Uncrustable Or Cereal 5
Chicken Nuggets Cheesy Macaroni Hot Vegetables Fresh Baked Roll/Biscuit Fruit of the Day	Nachos Charro Beans Spanish Rice Lettuce & Tomato Salad Fruit of the Day	Hot Dog Seasoned Oven Fries Fresh Burger Salad Fruit of the Day	Spaghetti & Meat Sauce Garden Salad & Dressing Hot Vegetables Fresh Baked Breadstick Fruit of the Day	Cheese Enchiladas Charro Beans Spanish Rice Lettuce & Tomato Salad Fruit of the Day
Biscuit & Sausage Or Cereal 8	Breakfast Taco Or Cereal 9	French Toast Sticks/ Waffle Sticks (BIB) 10 Or Cereal	Cinnamon Rolls/ Oatmeal (BIB) 11 Or Cereal	12
Cheese Burger Or Chicken Burger Seasoned Oven Fries Fresh Burger Salad Fruit of the Day	Cheese Quesadillas Charro Beans Spanish Rice Lettuce & Tomato Salad Fruit of the Day	Country Steak Whipped Potatoes & Gravy Hot Vegetables Fresh Baked Bread/Biscuit Fruit of the Day	Toasted Sandwich Vegetable Soup Baked Chips Sandwich Salad/Baby Carrots Fruit of the Day	Manager's Choice Menu
Pig in a Blanket Or Cereal 15	Breakfast Taco Or Cereal 16	Waffles/ Mini Pancakes (BIB) 17 Or Cereal	Tamales Or Cereal 18	PBJ Uncrustable Or Cereal 19
Chicken Strips/Baked Chicken Cheesy Macaroni Hot Vegetables Fresh Baked Bread/Biscuit Fruit of the Day	Crispy Beef Tacos Spanish Rice Charro Beans Lettuce & Tomato Salad Fruit of the Day	Cheese Enchiladas Spanish Rice Charro Beans Lettuce & Tomato Salad Fruit of the Day	Fresh Baked Pizza Garden Salad & Dressing Hot Vegetables Fruit of the Day	Cheese Quesadillas Spanish Rice Charro Beans Lettuce & Tomato Salad Fruit of the Day
Biscuit & Sausage Or Cereal 22	Breakfast Taco Or Cereal 23	French Toast Sticks/ Waffle Sticks (BIB) 24 Or Cereal	Cinnamon Rolls/ Oatmeal (BIB) 25 Or Cereal	26
Chicken Nuggets Cheesy Macaroni Hot Vegetables Fresh Baked Bread/Biscuit Fruit of the Day	Nachos Charro Beans Spanish Rice Lettuce & Tomato Salad Fruit of the Day	Hot Dog Seasoned Oven Fries Fresh Burger Salad Fruit of the Day	Spaghetti & Meat Sauce Garden Salad & Dressing Hot Vegetables Fresh Baked Breadstick Fruit of the Day	Manager's Choice Menu

Guess What?

Your heart can beat up to 40,000,000 times per year!
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

Café News

A variety of cold milk offered daily for breakfast & lunch.

Choice of ham, peanut butter or toasted cheese sandwiches available daily.

Chef Salads available on Tuesday's & Thursday's

Child's first meal is provided at no charge. Additional meals or menu items may be purchased at the established a la carte price.

Menu subject to change without notice.

*BIB denotes Breakfast in a Bag

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