## **PLEASE!! NO PEANUTS OR TREE NUTS IN SCHOOL**

## RCPS BREAKFAST and LUNCH MENU AUGUST 15 - SEPTEMBER 2, 2022

Monday, August 15, 2022				
	Tuesday, August 16, 2022	Wednesday, August 17, 2022	Thursday, August 18, 2022	Friday, August 19, 2022
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SAUSAGE BISCUIT	POPTARTS	PANCAKE WRAPS	YOGURT PARFAIT	DONUT HOLES
JUICE	JUICE	JUICE	JUICE	JUICE
FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP
MILK	MILK	MILK	MILK	MILK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BBQ CHICKEN	CHICKEN STIR FRY	MINI CORNDOGS	PASTA w/MEATSAUCE	BURGER w/BUN
MASHED POTATOES	BROCCOLI	FRENCH FRIES	GREEN BEANS	MAC-n-CHEESE
GREEN BEANS	RICE	BABY CARROTS	TOSSED SALAD w/DRESSING	COLE SLAW
FRESH FRUIT/FRUIT CUP	FRESH FRUIT/FRUIT CUP	FRESH FRUIT/FRUIT CUP	FRESH FRUIT/FRUIT CUP	FRESH FRUIT/FRUIT CUP
MILK	MILK	MILK	MILK	MILK
Monday, August 22, 2022	Tuesday, August 23, 2022	Wednesday, August 24, 2022	Thursday, August 25, 2022	Friday, August 26, 2022
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SAUSAGE BISCUIT	POPTARTS	PANCAKE WRAPS	YOGURT PARFAIT	DONUT HOLES
JUICE	JUICE	JUICE	JUICE	JUICE
FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP	FRESH FRUIT or FRUIT CUP
MILK	MILK	MILK	MILK	MILK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
LUNCH BBQ CHICKEN	LUNCH CHICKEN STIR FRY	LUNCH MINI CORNDOGS	LUNCH PASTA W/MEATSAUCE	LUNCH BURGER W/BUN
BBQ CHICKEN	CHICKEN STIR FRY	MINI CORNDOGS	PASTA w/MEATSAUCE	BURGER w/BUN
BBQ CHICKEN MASHED POTATOES	CHICKEN STIR FRY BROCCOLI	MINI CORNDOGS FRENCH FRIES	PASTA w/MEATSAUCE GREEN BEANS	BURGER w/BUN MAC-n-CHEESE
BBQ CHICKEN MASHED POTATOES GREEN BEANS	CHICKEN STIR FRY BROCCOLI RICE	MINI CORNDOGS FRENCH FRIES BABY CARROTS	PASTA w/MEATSAUCE GREEN BEANS TOSSED SALAD w/DRESSING	BURGER w/BUN MAC-n-CHEESE COLE SLAW
BBQ CHICKEN MASHED POTATOES GREEN BEANS FRESH FRUIT/FRUIT CUP	CHICKEN STIR FRY BROCCOLI RICE FRESH FRUIT/FRUIT CUP	MINI CORNDOGS FRENCH FRIES BABY CARROTS FRESH FRUIT/FRUIT CUP	PASTA w/MEATSAUCE GREEN BEANS TOSSED SALAD w/DRESSING FRESH FRUIT/FRUIT CUP	BURGER w/BUN MAC-n-CHEESE COLE SLAW FRESH FRUIT/FRUIT CUP
BBQ CHICKEN  MASHED POTATOES  GREEN BEANS  FRESH FRUIT/FRUIT CUP  MILK  Monday, August 29, 2022  BREAKFAST	CHICKEN STIR FRY BROCCOLI RICE FRESH FRUIT/FRUIT CUP MILK Tuesday, August 30, 2022 BREAKFAST	MINI CORNDOGS FRENCH FRIES BABY CARROTS FRESH FRUIT/FRUIT CUP MILK	PASTA w/MEATSAUCE GREEN BEANS TOSSED SALAD w/DRESSING FRESH FRUIT/FRUIT CUP MILK Thursday, September 1, 2022 BREAKFAST	BURGER w/BUN MAC-n-CHEESE COLE SLAW FRESH FRUIT/FRUIT CUP MILK
BBQ CHICKEN  MASHED POTATOES  GREEN BEANS  FRESH FRUIT/FRUIT CUP  MILK  Monday, August 29, 2022	CHICKEN STIR FRY BROCCOLI RICE FRESH FRUIT/FRUIT CUP MILK Tuesday, August 30, 2022	MINI CORNDOGS FRENCH FRIES BABY CARROTS FRESH FRUIT/FRUIT CUP MILK Wednesday, August 31, 2022 BREAKFAST PANCAKE WRAPS	PASTA w/MEATSAUCE GREEN BEANS TOSSED SALAD w/DRESSING FRESH FRUIT/FRUIT CUP MILK Thursday, September 1, 2022	BURGER w/BUN MAC-n-CHEESE COLE SLAW FRESH FRUIT/FRUIT CUP MILK Friday, September 2, 2022 BREAKFAST
BBQ CHICKEN  MASHED POTATOES  GREEN BEANS  FRESH FRUIT/FRUIT CUP  MILK  Monday, August 29, 2022  BREAKFAST	CHICKEN STIR FRY BROCCOLI RICE FRESH FRUIT/FRUIT CUP MILK Tuesday, August 30, 2022 BREAKFAST	MINI CORNDOGS FRENCH FRIES BABY CARROTS FRESH FRUIT/FRUIT CUP MILK Wednesday, August 31, 2022 BREAKFAST	PASTA w/MEATSAUCE GREEN BEANS TOSSED SALAD w/DRESSING FRESH FRUIT/FRUIT CUP MILK Thursday, September 1, 2022 BREAKFAST	BURGER w/BUN MAC-n-CHEESE COLE SLAW FRESH FRUIT/FRUIT CUP MILK Friday, September 2, 2022
BBQ CHICKEN MASHED POTATOES GREEN BEANS FRESH FRUIT/FRUIT CUP MILK Monday, August 29, 2022 BREAKFAST SAUSAGE BISCUIT	CHICKEN STIR FRY BROCCOLI RICE FRESH FRUIT/FRUIT CUP MILK Tuesday, August 30, 2022 BREAKFAST POPTARTS	MINI CORNDOGS FRENCH FRIES BABY CARROTS FRESH FRUIT/FRUIT CUP MILK Wednesday, August 31, 2022 BREAKFAST PANCAKE WRAPS	PASTA w/MEATSAUCE GREEN BEANS TOSSED SALAD w/DRESSING FRESH FRUIT/FRUIT CUP MILK Thursday, September 1, 2022 BREAKFAST YOGURT PARFAIT	BURGER w/BUN MAC-n-CHEESE COLE SLAW FRESH FRUIT/FRUIT CUP MILK Friday, September 2, 2022 BREAKFAST
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