

# Renick R-V School District August/September 2017 Menu



**16**

**Breakfast**

Cheese-Omelet 3.5 oz.  
Toast 1 slice  
Juice 4 oz.  
Fruit 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Calzone 5 oz.  
Marinara Sauce 1 oz.  
Celery 4 oz.  
Peanut Butter 1 oz.  
Pears 4 oz.  
Low-fat Milk 8 oz.

**17**

**Breakfast**

Donuts 4 oz.  
Applesauce 4 oz.  
Pineapple Juice 4 oz.  
Sausage Link 1 oz.  
Low-fat Milk 8 oz.

**Lunch**

Chicken Nuggets (5)  
Green Beans 4 oz.  
Mandarin Oranges 4 oz.  
Low-fat Milk 8 oz.

**18**

**Breakfast**

Breakfast Stick 2.85 oz.  
Syrup 1.5 oz.  
Tri-Tator 2 oz.  
Orange Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Turkey & Cheese  
Sandwich 4 oz.  
Chips 4 oz.  
Tropical Fruit 4 oz.  
Low-fat Milk 8 oz.

**21**

**Breakfast**

Breakfast Pizza 2.95 oz.  
Fruit 4 oz.  
Grape Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Cheeseburger 4.5 oz.  
Fries 4 oz.  
Orange 4 oz.  
Low-fat Milk 8 oz.

**22**

**Breakfast**

Scrambled Eggs 4 oz.  
Wh. Wheat Toast 1 slice  
Fruit 4 oz.  
Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Calzone 5 oz.  
Mexican Rice 4 oz.  
Mixed Fruit 4 oz.  
Marina Sauce 1 oz.  
Low-fat Milk 8 oz.

**23**

**Breakfast**

Chicken Biscuit 4 oz.  
Banana  
Apple Juice 4 oz.  
Low-Fat Milk 8 oz.

**Lunch**

Stuffed Breadstick 4 oz.  
Refried Beans 4 oz.  
Applesauce 4 oz.  
Marinara 1 oz.  
Low-fat Milk 8 oz.

**24**

**Breakfast**

Muffin 2 oz.  
Diced Pears 4 oz.  
Grape Juice 4 oz.  
Sausage Link 1 oz.  
Low-fat Milk 8 oz.

**Lunch**

Fish Sticks (4)  
Peas 4 oz.  
Mac n' Cheese 4 oz.  
Diced Peaches 4 oz.  
Low-fat Milk 8 oz.

**25**

**Breakfast**

Bagel 2 oz.  
Cream Cheese 1 oz.  
Banana 4 oz.  
Grape Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Turkey & Cheese  
Sandwich 4 oz.  
Cooked Carrots 4 oz.  
Apple 4 oz.  
Raspberry Sherbet 4 oz.  
Low-fat Milk 8 oz.

**28**

**Breakfast**

Granola Bar 1.4 oz.  
Cherry Vanilla Yogurt 4 oz.  
Apple Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Chicken Sandwich 4.5 oz.  
Celery 4 oz.  
Peanut Butter 1 oz.  
Tropical Fruit 4 oz.  
Low-fat Milk 8 oz.

**29**

**Breakfast**

Breakfast Burrito 4 oz.  
Mandarin Oranges 4 oz.  
Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Cheeseburger 4.5 oz.  
Seasoned Fries 4 oz.  
Mixed Fruit 4 oz.  
Low-fat Milk 8 oz.

**30**

**Breakfast**

Biscuit 3.17 oz.  
Honey 1 oz.  
Grapes 4 oz.  
Juice 4 oz.  
Low-Fat Milk 8 oz.

**Lunch**

Ham & Cheese  
Sandwich 4.5 oz.  
Mixed Vegetable 4 oz.  
Peaches 4 oz.  
Low-fat Milk 8 oz.

**31**

**Breakfast**

Omelet 3.5 oz.  
Toast 1 slice  
Mixed Fruit 4 oz.  
Juice 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Nachos  
Tortilla Chips 2 oz.  
Beef & Cheese 4 oz.  
Refried Beans 3 oz.  
Apple 4 oz.  
Low-fat Milk 8 oz.

**1**

**Breakfast**

Biscuit 3.17 oz.  
Sausage Gravy 2 oz.  
Tri-Tator 4 oz.  
Banana 4 oz.  
Low-fat Milk 8 oz.

**Lunch**

Mini Tacos (4)  
Fries 4 oz.  
Orange 4 oz.  
Ice Cream 4 oz.  
Low-fat Milk 8 oz.

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<p><b>4</b></p> <p><b>SCHOOL CLOSED</b></p> <p><b>LABOR DAY</b></p>	<p><b>5</b></p> <p><u>Breakfast</u> Breakfast Bar 2.4 oz. Blueberry Yogurt 4 oz. Apple Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Calzone 5 oz. Corn 4 oz. Pineapple 4 oz. Marina Sauce 1 oz. Low-fat Milk 8 oz.</p>	<p><b>6</b></p> <p><u>Breakfast</u> Cereal 4 oz. Wh. Wheat Toast 1 slice Apple 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Spaghetti 4 oz. Breadstick 2 oz. Baby Carrots 4 oz. Pears 4 oz. Low-fat Milk 8 oz.</p>	<p><b>7</b></p> <p><u>Breakfast</u> Sausage Dog 2 oz. Wh. Wheat Bun 1.5 oz. Pineapple 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Chicken Nuggets (5) Broccoli &amp; Cheese 4 oz. Peaches 4 oz. Low-fat Milk 8 oz.</p>	<p><b>8</b></p> <p><u>Breakfast</u> Breakfast Burrito 4 oz. Apple 4 oz. Juice 4 oz. Salsa 1 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Pork Rib Sandwich 4.5 oz. Fries 4 oz. Mixed Vegetables 4 oz. Peaches 4 oz. Low-fat Milk 8 oz.</p>
<p><b>11</b></p> <p><u>Breakfast</u> Granola Bar 1.4 oz. Cherry Vanilla Yogurt 4 oz. Apple Juice 4 oz. Low-fat Milk 8</p> <p><u>Lunch</u> Chicken Sandwich 4.5 oz. Celery 4 oz. Peanut Butter 1 oz. Tropical Fruit 4 oz. Low-fat Milk 8 oz.</p>	<p><b>12</b></p> <p><u>Breakfast</u> Oatmeal 4 oz. Wh. Wheat Toast 1 slice Banana 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Cheeseburger 4.5 oz. Seasoned Fries 4 oz. Pear 4 oz. Low-fat Milk 8 oz.</p>	<p><b>13</b></p> <p><u>Breakfast</u> Biscuit 3.17 oz. Honey 1 oz. Grapes 4 oz. Juice 4 oz. Low-Fat Milk 8 oz.</p> <p><u>Lunch</u> Hot Dog 3 oz. Wh. Wheat Bun 1.5 oz. Baby Carrots 4 oz. Peaches 4 oz. Low-fat Milk 8 oz.</p>	<p><b>14</b></p> <p><u>Breakfast</u> Omelet 3.5 oz. Toast 1 slice Mixed Fruit 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Nachos Tortilla Chips 2 oz. Beef &amp; Cheese 4 oz. Refried Beans 3 oz. Apple 4 oz. Low-fat Milk 8 oz.</p>	<p><b>15</b></p> <p><u>Breakfast</u> Biscuit 3.17 oz. Sausage Gravy 2 oz. Tri-Tator 4 oz. Fruit 4 oz. Low-fat Milk 8 oz.</p> <p><u>Family Lunch</u> Baked Chicken Green Beans 4 oz. Hot Apples 4 oz. Hot Roll Ice Cream 4 oz. Low-fat Milk 8 oz.</p>
<p><b>18</b></p> <p><u>Breakfast</u> Ham/Cheese Roll Up 3 oz. Diced Pears 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Mini Corndogs 3 oz. Cole Slaw 4 oz. Peas 4 oz. Applesauce 4 oz. Low-fat Milk 8 oz.</p>	<p><b>19</b></p> <p><u>Breakfast</u> Cinnamon Roll 3oz. Mandarin Oranges 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Cheeseburger 4.5 oz. Seasoned Fries 4 oz. Watermelon 4 oz. Corn 4 oz. Low-fat Milk 8 oz.</p>	<p><b>20</b></p> <p><u>Breakfast</u> Biscuit 3.17 oz. Honey 1 oz. Grapes 4 oz. Juice 4 oz. Low-Fat Milk 8 oz.</p> <p><u>Lunch</u> Chili 4 oz. Crackers 1.5 oz. Celery 4 oz. Raisins 2 oz. Low-fat Milk 8 oz.</p>	<p><b>21</b></p> <p><u>Breakfast</u> Scrambled Eggs 3 oz. Toast 1 slice Mixed Fruit 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Beef Fajita 4 oz. Baby Carrots 4 oz. Mixed Fruit 4 oz. Low-fat Milk 8 oz.</p>	<p><b>22</b></p> <p><u>Breakfast</u> Cereal 2 oz. Wh. Wheat Toast 1 slice Diced Peaches 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Pizza 4 oz. Corn 4 oz. Orange 4 oz. Low-fat Milk 8 oz.</p>
<p><b>25</b></p> <p><u>Breakfast</u> Granola Bar 1.4 oz. Cherry Vanilla Yogurt 4 oz. Apple Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Chicken Nuggets 3 oz. Sweet Potato Fries 4 oz. Cauliflower 4 oz. Fruit 4 oz. Low-fat Milk 8 oz.</p>	<p><b>26</b></p> <p><u>Breakfast</u> Burrito 4 oz. Mandarin Oranges 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Pizza 4 oz. Lettuce Salad 4 oz. Apple 4 oz. Low-fat Milk 8 oz.</p>	<p><b>27</b></p> <p><u>Breakfast</u> Oatmeal 4 oz. Wh. Wheat Toast 1 slice. Banana 4 oz. Juice 4 oz. Low-Fat Milk 8 oz.</p> <p><u>Lunch</u> Ham &amp; Cheese Sandwich 4.5 oz. Mixed Vegetable 4 oz. Peaches 4 oz. Low-fat Milk 8 oz.</p>	<p><b>28</b></p> <p><u>Breakfast</u> Omelet 3.5 oz. Toast 1 slice Mixed Fruit 4 oz. Juice 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Nachos Tortilla Chips 2 oz. Beef &amp; Cheese 4 oz. Refried Beans 3 oz. Apple 4 oz. Low-fat Milk 8 oz.</p>	<p><b>29</b></p> <p><u>Breakfast</u> Biscuit 3.17 oz. Sausage Gravy 2 oz. Breakfast Potatoes 4 oz. Pineapple 4 oz. Low-fat Milk 8 oz.</p> <p><u>Lunch</u> Mini Tacos (4) Fries 4 oz. Orange 4 oz. Ice Cream 4 oz. Low-fat Milk 8 oz.</p>