

April 2021 In School Learners Menu

Breakfast, Lunch & Supper



Meals served include fruit and low-fat milk. Be advised that menu is subject to change without notice.

RGCCISD is an equal opportunity provider.



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday


Tuesday

Wednesday

Thursday

Friday



Pig in a Blanket 

Cheese Enchiladas, Spanish Rice, Charro Beans, Calabacita w/Corn

Popcorn Chicken & Golden Corn Cup

Biscuit & Sausage Sandwich **1**

Hot Dogs, Baked Fries, Carrot Sticks

Yogurt, Cubed Cheese, Cucumber Rounds & UBR Cookie

Tamales **2**

Pasta W/Homemade Meat Sauce, Roasted Cauliflower, Carrot Coins, Fresh Baked Italian Roll

Hard Cooked Egg, Sunflower Seeds, Veggie Snackers & Cheese Crackers

Pancake on a Stick **5**

Hamburger, Potato Smiles or Tots, Fresh Burger Salad

Beef Fingers & Baby Carrots

Cereal or Breakfast Taco **6**

Chicken Tenders, Veggie Snackers, Edamame

Peanut Butter & Cheese Stick, Celery Sticks, Cheese Crackers

French Toast Sticks **7**

Beef Taquitos or Chicken Flautas, Cilantro Rice, Charro Beans, Fresh Lettuce & Tomato Salad

Corn Dog & Golden Corn Cup

Breakfast Bar **8**

Build Your Own Pizza Kit & Cucumber Rounds

Yogurt & Cubed Cheese, Cucumber Rounds & Graham Crackers

Dutch Waffle **9**

Pepperoni Pizza, Roasted Cauliflower, Corn on the Cob

Hard Cooked Egg, Sunflower Seeds, Veggie Snackers & Cheese Crackers

Scrambled Eggs, Biscuit & Sausage **12**

Chicken Wings or Baked Chicken, Whipped Potatoes, Fresh Carrot Sticks

Chicken Nuggets & Golden Corn

Cereal or Breakfast Taco **13**

Burrito, Corn on the Cob, Green Beans

Diced Ham, Celery Sticks & Cheese Crackers

Donut Holes **14**

Tostitos Nachos, Confetti Rice, Charro Beans & Cabbage Salad

Breaded Chicken Drumstick & Potato Smiles or Tots

PB Jamwich **15**

Ham & Cheese Sandwich & Chips, Raw Veggie Mix, Fresh Salad

Yogurt Cup, Cubed Cheese, Baby Carrots & Cheese Crackers

Biscuit & Sausage Sandwich **16**

Pepperoni Pinwheel, Roasted Parmesan Broccoli & Marinara Sauce

Tuna Salad Sandwich & Green Peas

Mini Pancakes **19**

Chicken Nuggets, Whipped Potatoes, Cheesy Broccoli, Freshly Baked Roll

Pizza Crunchers & Baby Carrots

Cereal or Breakfast Taco **20**

Mini Corn Dogs, Veggies Snackers, Edamame

Diced Ham, Celery Sticks & Cheese Crackers.

Pig in a Blanket **21**

Cheese Enchiladas, Spanish Rice, Charro Beans, Calabacita w/Corn

Popcorn Chicken & Golden Corn Cup

Biscuit & Sausage Sandwich **22**

Hot Dogs, Baked Fries, Carrot Sticks

Yogurt, Cubed Cheese, Cucumber Rounds & UBR Cookie

Tamales **23**

Pasta W/Homemade Meat Sauce, Roasted Cauliflower, Carrot Coins, Fresh Baked Italian Roll

Hard Cooked Egg, Sunflower Seeds, Veggie Snackers & Cheese Crackers

Pancake on a Stick **26**

Hamburger, Potato Smiles or Tots, Fresh Burger Salad

Beef Fingers & Baby Carrots

Cereal or Breakfast Taco **27**

Chicken Tenders, Veggie Snackers, Edamame

Peanut Butter & Cheese Stick, Celery Sticks, Cheese Crackers

French Toast Sticks **28**

Beef Taquitos or Chicken Flautas, Cilantro Rice, Charro Beans, Fresh Lettuce & Tomato Salad

Corn Dog & Golden Corn Cup

Breakfast Bar **29**

Build Your Own Pizza Kit & Cucumber Rounds

Yogurt & Cubed Cheese, Cucumber Rounds & Graham Crackers

Dutch Waffle **30**

Pepperoni Pizza, Roasted Cauliflower, Corn on the Cob

Hard Cooked Egg, Sunflower Seeds, Veggie Snackers & Cheese Crackers