

May 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: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Scrambled Eggs, Biscuit & Sausage **3**

Chicken Wings or Baked Chicken, Whipped Potatoes, Fresh Carrot Sticks
Chicken Nuggets & Golden Corn

Mini Pancakes **10**

Chicken Nuggets, Whipped Potatoes, Cheesy Broccoli, Freshly Baked Roll
Pizza Crunchers & Baby Carrots

Pancake on a Stick **17**

Hamburger, Potato Smiles or Tots, Fresh Burger Salad
Beef Fingers & Baby Carrots

24

Managers Choice

31

Tuesday

Cereal or Breakfast Taco **4**

Burrito, Corn on the Cob, Green Beans
Diced Ham, Celery Sticks & Cheese Crackers

Cereal or Breakfast Taco **11**

Mini Corn Dogs, Veggies Snackers, Edamame
Diced Ham, Celery Sticks & Cheese Crackers.

Cereal or Breakfast Taco **18**

Chicken Tenders, Veggie Snackers, Edamame
Peanut Butter & Cheese Stick, Celery Sticks, Cheese Crackers

25

Managers Choice

31

Wednesday

Donut Holes **5**

Tostitos Nachos, Confetti Rice, Charro Beans & Cabbage Salad
Breaded Chicken Drumstick & Potato Smiles or Tots

Pig in a Blanket **12**

Cheese Enchiladas, Spanish Rice, Charro Beans, Calabacita w/Corn
Popcorn Chicken & Golden Corn Cup

French Toast Sticks **19**

Beef Taquitos or Chicken Flautas, Cilantro Rice, Charro Beans, Fresh Lettuce & Tomato Salad
Corn Dog & Golden Corn Cup

26

Managers Choice

31

Thursday

PB Jamwich **6**

Ham & Cheese Sandwich & Chips, Raw Veggie Mix, Fresh Salad
Yogurt Cup, Cubed Cheese, Baby Carrots & Cheese Crackers

Biscuit & Sausage Sandwich **13**

Hot Dogs, Baked Fries, Carrot Sticks
Yogurt, Cubed Cheese, Cucumber Rounds & UBR Cookie

Breakfast Bar **20**

Build Your Own Pizza Kit & Cucumber Rounds
Yogurt & Cubed Cheese, Cucumber Rounds & Graham Crackers

27

LAST DAY OF SCHOOL



Friday

Biscuit & Sausage Sandwich **7**

Pepperoni Pinwheel, Roasted Parmesan Broccoli & Marinara Sauce
Tuna Salad Sandwich & Green Peas

Tamales **14**

Pasta W/Homemade Meat Sauce, Roasted Cauliflower, Carrot Coins, Fresh Baked Italian Roll
Hard Cooked Egg, Sunflower Seeds, Veggie Snackers & Cheese Crackers

Dutch Waffle **21**

Pepperoni Pizza, Roasted Cauliflower, Corn on the Cob
Hard Cooked Egg, Sunflower Seeds, Veggie Snackers & Cheese Crackers

28