



RGS HOT LUNCH PROGRAM
September - December 2010

Orders due to front office Friday, September 3rd
Available to children in Grades K-6

Child's Name _____ **Grade** _____ **Phone #:** _____

Please select option A or option B with a checkmark in the boxes to the right.

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	September	13	week 1	(a) Hamburger (b) Chicken Taquitos		
Tues	September	14	week 1	(a) Rotini Pasta w/ Marinara (b) Potato & Cheese Burrito		
Wed	September	15	week 1	(a) Bean & Cheese Burrito (b) Turkey & Cheese Wrap		
Thurs	September	16	week 1	(a) 2 Beef Tacos (b) Bean & Cheese Quesadilla		Cheese Pepperoni
Fri	September	17	week 1	(a) Pizza 2 Slices (b) Chicken Rice Bowl		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	September	20	week 2	(a) Chicken Tenders (b) Roast Beef Sub		
Tues	September	21	week 2	(a) Beef Frito Pie (b) Baked Mac & Cheese		
Wed	September	22	week 2	(a) Hot Ham & Cheese (b) Spaghetti w/ sauce		
Thurs	September	23	week 2	(a) Beef Taquitos (b) Chicken Quesadilla		Cheese Pepperoni
Fri	September	24	week 2	(a) Pizza 2 Slices (b) Beef Rice Bowl		

Date	Month	Date2	Week	Meals	OPTION A	OPTION B
Mon	September	27	week 3	(a) Sloppy Joe (b) Grilled Cheese Sandwich		
Tues	September	28	week 3	(a) Roast Beef Sub (b) Pasta Alfredo		
Wed	September	29	week 3	(a) Chicken Tenders (b) Bean & Cheese Quesadilla		
Thurs	September	30	week 3	(a) Grilled Chicken Sand (b) Parmesan Pasta		Cheese Pepperoni
Fri	October	1	week 3	(a) Pizza 2 Slices (b) Lo mein Chicken Noodle		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	October	4	week 4	(a) Hamburger (b) Chicken Taquitos		
Tues	October	5	week 4	(a) Rotini Pasta w/ Marinara (b) Potato Cheese Burrito		
Wed	October	6	week 4	(a) Bean & Cheese Burrito (b) Turkey & Cheese Wrap		
Thurs	October	7	week 4	(a) 2 Beef Tacos (b) Bean & Cheese Quesadilla		Cheese Pepperoni
Fri	October	8	week 4	(a) Pizza 2 Slices (b) Lo Mein Beef Noodle		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	October	11	week 5	NO SCHOOL - FALL BREAK		
Tues	October	12	week 5	(a) Beef Frito Pie (b) Baked Mac & Cheese		
Wed	October	13	week 5	(a) Hot Ham & Cheese (b) Spaghetti w/ Marinara		
Thurs	October	14	week 5	(a) Beef Taquitos (b) Chicken Quesadilla		Cheese Pepperoni
Fri	October	15	week 5	(a) Pizza 2 Slices (b) Chicken Rice Bowl		

Date	Month	Date2	Week	Meals	OPTION A	OPTION B
Mon	October	18	week 6	(a) Sloppy Joe (b) Grilled Cheese Sandwich		
Tues	October	19	week 6	(a) Roast Beef Sub (b) Pasta Alfredo		
Wed	October	20	week 6	(a) Chicken Tenders (b) Mac & Cheese		Cheese Pepperoni
Thurs	October	21	week 6	(a) Pizza 2 slices (b) Parmesan Pasta		
Fri	October	22	week 6	NO SCHOOL - PARENT CONFERENCES		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	October	25	week 7	(a) Hamburger (b) Chicken Taquitos		
Tues	October	26	week 7	(a) Rotini Pasta w/ Marinara (b) Potato Cheese Burrito		
Wed	October	27	week 7	(a) Bean & Cheese Burrito (b) Turkey & Cheese Wrap		
Thurs	October	28	week 7	(a) 2 Chicken Tacos (b) Bean & Cheese Quesadilla		
Fri	October	29	week 7	NO SCHOOL - PARENT CONFERENCES		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	November	1	week 8	(a) Chicken Tenders (b) Roast Beef Sub		
Tues	November	2	week 8	(a) Beef Frito Pie (b) Baked Mac & Cheese		
Wed	November	3	week 8	(a) Hot Ham & Cheese Sand (b) Spaghetti & Marinara		
Thurs	November	4	week 8	(a) Beef Taquitos (b) Chicken Quesadilla		Cheese Pepperoni
Fri	November	5	week 8	(a) Pizza 2 Slices (b) Beef Rice Bowl		



Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	November	8	week 9	(a) Sloppy Joe (b) Grilled Cheese Sandw		
Tues	November	9	week 9	(a) Grilled Chicken Sand (b) Parmesan Pasta		
Wed	November	10	week 9	(a) Chicken Tenders (b) Mac & Cheese		
Thurs	November	11	week 9	(a) Grilled Chicken Sand (b) Pasta Alfredo		Cheese Pepperoni
Fri	November	12	week 9	(a) Pizza 2 Slices (b) Lo Mein Chicken Noodle		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	November	15	week 10	(a) Hamburger (b) Chicken Taquitos		
Tues	November	16	week 10	(a) Rotini Pasta w/ Marinara (b) Potato Cheese Burrito		
Wed	November	17	week 10	(a) 2 Beef Tacos (b) Bean & Cheese Quesadila		
Thurs	November	18	week 10	(a) Bean & Cheese Burrito (b) Turkey & Cheese Melt		Cheese Pepperoni
Fri	November	19	week 10	(a) Pizza 2 Slices (b) Lo Mein Beef Noodle		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	November	29	week 11	(a) Chicken Tenders (b) Roast Beef Sub		
Tues	November	30	week 11	(a) Beef Frito Pie (b) Baked Mac & Cheese		
Wed	December	1	week 11	(a) Hot Ham & Cheese Sand (b) Spaghetti w/ Marinara		
Thurs	December	2	week 11	(a) Beef Taquitos (b) Chicken Quesadilla		Cheese Pepperoni
Fri	December	3	week 11	(a) Pizza 2 Slices (b) Chicken Rice Bowl		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	December	6	week 12	(a) Sloppy Joe (b) Bean & Cheese Tostada		
Tues	December	7	week 12	(a) Grilled Chicken Sand (b) Parmesan Pasta		
Wed	December	8	week 12	(a) Chicken Tenders (b) Mac & Cheese		
Thurs	December	9	week 12	(a) Grilled ChickenSand (b) Pasta Alfredo		Cheese Pepperoni
Fri	December	10	week 12	(a) Pizza 2 Slices (b) Beef Rice Bowl		

Date	Month	Date	Week	Meals	OPTION A	OPTION B
Mon	December	13	week 13	(a) Hamburger (b) Chicken Taquitos		
Tues	December	14	week 13	(a) Rotini Pasta W/ Marinara (b) Potato Cheese Burrito		
Wed	December	15	week 13	(a) Bean & Cheese Burrito (b) Turkey & Cheese Wrap		Cheese Pepperoni
Thurs	December	16	week 13	(a) Pizza 2 slices (b) Bean & Cheese Quesadilla		
Fri	December	17	week 13	CONCERT DAY - NO LUNCH		

			Total	Total
TOTAL MEALS		0	0	

COST PER MEAL	\$6.00	\$ 6.00
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TOTAL COST	0	0
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COMBINED TOTAL	
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Please Make Checks payable to RGS
ALL FORMS WILL BE DUE SEPTEMBER 3, 2010

All meals will include a serving of fresh fruit or vegetable, homemade healthy muffin and low-fat dairy white milk.