



Randolph Central School Corporation



WCHS/DMS Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	Grilled Chicken Sand Hot Dogs Fries Corn Refried Beans Pears Applesauce Milk	Cheeseburger Bosco Breadstick Green Beans Buttered Carrots Peaches Mixed Fruit	General Tso's Chicken Ham & Cheese Spanish Rice Veggies & Dip Orange Wedges Apple Slices	Cooks Choice
7	8	9	10	11
Mini Corn Dogs Breaded Chicken Buttered Carrots Corn Mixed Fruit Orange Wedges	Nachos Quesadilla Refried Beans Spanish Rice Pears Peaches	Pork Fritter BBQ Chicken Sand Fries Green Beans Applesauce Pineapple	Calzone Mini Sub Spring Salad Veggies & Dip Fruit Jello Apple Slices	Cooks Choice
14	15	16	17	18
Chicken Strips Bosco Breadstick Fries Green Beans Applesauce Peaches	Salisbury Steak/Gravy Cheeseburger Mashed Potatoes Cooked Carrots Pears Pineapple	Taco Salad BBQ Rib Sand Refried Beans Veggies & Dip Mixed Fruit Sliced Apples	Pizza Cooks Choice Spring Salad Veggies & Dip Orange Wedges Pineapple	Sack Lunch Day Grilled Hot Dogs Baked Beans Baked Chips Ice Cream Sandwich Apple Orange
21	22	23	24	25
Cooks Choice	Cooks Choice	Cooks Choice		
28	29	30	31	1
	Compare Frozen Veggies and Pizza Chill out in the freezer section and Read the Label! Compare frozen vegetables, including ones with and without sauce, and go for the one with the lowest fat content and the highest amount of vitamin A. On frozen pizzas, try to find the one lowest in fat and sodium and highest in calcium and iron.			
				

A chef salad or jammer sandwich will also be offered every day.

BREAKFAST

MONDAY

Pop Tarts
Juice
Milk

TUESDAY

Pancake & Sausage
Juice
Milk

WEDNESDAY

Sausage, Gravy & Biscuit
Juice
Milk

THURSDAY

Breakfast Pizza
Juice
Milk

FRIDAY

Cinnamon Roll
Yogurt
Juice
Milk

A variety of cold cereal will also be offered every day as a main item for breakfast.

