



Dr. Amber N. Robinson, principal
 319.595.1097
 620 W 5th Street
 Waterloo, IA 50702
www.rlcawaterloo.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Chicken Brown rice Steamed Broccoli Celery Fruit cup	2 Soft shell chicken taco Refried Beans Green pepper strips Pear Cup	3 Chicken drumstick Garlic knot Mashed potatoes Gravy Coleslaw Strawberry Applesauce	4 Hamburger Mini Carrots Potato wedges Mandarin Orange Cup	5 Beef Stew Biscuit Vegetable juice Corn Mixed Fruit Cup
8 Cheese nachos Mini Carrots Green beans Fruit cup	9 French toast sticks Turkey Sausage Crispy potato cubes Celery Peach Cup	10 Chili Crunch & crave cracker Mini Carrots Cucumbers Orange Jell-o	11 Soft shell beef taco Corn Fresh Cauliflower Banana	12 Pretzel w/ Cheese Vegetable juice Manager's Choice Vegt Fruit
15 Mozzarella sticks Celery Mixed Vegetables Fruit cup	16 Breaded chicken sandwich Baked Beans Coleslaw Pear Cup	17 Turkey & Gravy Biscuit Grape tomatoes Corn Strawberry Applesauce	18 Sweet & sour chicken Brown rice Steamed Broccoli Mini Carrots Mandarin Orange Cup	19 French Bread Cheese Vegetable juice Green beans Mixed Fruit Cup
22 Chicken nuggets Romaine Lettuce Cheesy potatoes Fruit cup	23 Beef & Cheese Nachos Refried Beans Celery Peach Cup	24 Mini corn dogs Broccoli w/ Cheese Cucumbers Strawberry Jell-o	25 Chili Crispito Grape tomatoes Green beans Banana	26 Cheese pizza Vegetable juice Peas Apple Wedges
29 Mandarin Chicken Brown rice Steamed Broccoli Celery Fruit cup	30 Soft shell chicken taco Refried Beans Green pepper strips Pear Cup			

Menus are subject to change

this institution is an equal opportunity provider

Milk is offered with all meals.