
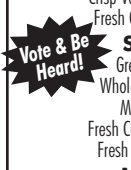























## RIO RANCHO PUBLIC SCHOOLS ELEMENTARY SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																	
<p>Cheese Quesadilla w/Sausage or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Turkey Corn Dog Sloppy Joe Sandwich Buffalo Chicken Wrap Turkey &amp; Ham Chef Salad</p> <p><b>SIDES</b> Baked Fries Chilled Diced Pears Fresh Whole Apples Fresh Broccoli Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>2</b></p>	<p>Egg &amp; Cheese Muffin or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Pasta w/Alfredo Sauce ✓ Chicken Patty Sandwich Sub Sandwich Crisp Garden Salad ✓</p> <p><b>SIDES</b> Steamed Carrot Wheels • Bread Stick Chilled Pineapple Fresh Orange Wedges Cauliflower Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>3</b></p>	<p>Hot Oatmeal w/Toast or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Charbroiled Cheeseburger Ham &amp; Cheese Sandwich Watermelon or Strawberry Yogurt/String Cheese ✓</p> <p><b>SIDES</b> Chips Crisp Carrot Sticks Bananas</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>4</b></p> <p style="text-align: center;"></p>	<p>Biscuit &amp; Gravy w/Sausage or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Beef Lasagna BBQ Rib Sandwich Crisp Veggie Wrap ✓ Fresh Chicken Salad</p> <p><b>SIDES</b> Green Beans Whole Wheat Roll Mixed Fruit Fresh Cucumber Slices Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>5</b></p> <p style="text-align: center;"> </p>	<p>Egg &amp; Cheese Breakfast Burrito or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Chicken Fried Steak Sausage Pizza Turkey &amp; Cheese Sandwich Watermelon or Strawberry Yogurt/String Cheese ✓</p> <p><b>SIDES</b> Mashed Potatoes &amp; Gravy • Whole Wheat Roll Apple Sauce • Diced Peaches Fresh Celery Sticks Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>6</b></p>	<p>Breakfast Pizza or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Macaroni &amp; Cheese ✓ Chicken Fajitas Sub Sandwich Fresh Popeno Salad ✓</p> <p><b>SIDES</b> Green Beans Chilled Diced Pears Fresh Whole Apples Fresh Broccoli Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>9</b></p>	<p>Sausage Breakfast Burrito or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Roast Pork w/Gravy Cheese Nachos ✓ Chicken Caesar Wrap Turkey &amp; Ham Chef Salad</p> <p><b>SIDES</b> Pinto Beans • Beef Topping Chilled Pineapple Fresh Orange Wedges Cauliflower Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>10</b></p>	<p>Breakfast Pocket or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Bean &amp; Cheese Burrito ✓ Ham &amp; Cheese Sandwich Watermelon or Strawberry Yogurt/String Cheese ✓</p> <p><b>SIDES</b> Pretzels Crisp Carrot Sticks Bananas</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>11</b></p> <p style="text-align: center;"></p>	<p>Yogurt Parfait w/Granola or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Rotini w/Marinara Sauce ✓ Pepperoni Pizza BLT Wrap Fresh Cobb Salad</p> <p><b>SIDES</b> Sweet Corn Whole Wheat Roll Mixed Fruit Fresh Cucumber Slices Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>12</b></p> <p style="text-align: center;"></p>	<p>Scrambled Eggs &amp; Sausage or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Baked Chicken Nuggets Cheese Enchiladas ✓ Turkey &amp; Cheese Sandwich Fresh Peppi Salad</p> <p><b>SIDES</b> Mashed Potatoes &amp; Gravy • Whole Wheat Roll Apple Sauce Diced Peaches Fresh Celery Sticks Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>13</b></p> <p style="text-align: center;"></p>	<p>Hot Oatmeal w/Toast or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Chicken Patty Sandwich Dinosaur Pasta ✓ Ham &amp; Cheese Sandwich Turkey &amp; Ham Chef Salad</p> <p><b>SIDES</b> Green Beans Chilled Diced Pears Fresh Whole Apples Fresh Broccoli Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>16</b></p>	<p>Ham Breakfast Burrito or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Chicken Nuggets Cheese Pizza ✓ Turkey &amp; Cheese Sandwich Cottage Cheese w/Fruit ✓</p> <p><b>SIDES</b> Sweet Corn • Whole Wheat Roll Chilled Pineapple Fresh Orange Wedges Cauliflower Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>17</b></p> <p style="text-align: center;"></p>	<p>Scrambled Eggs w/Cheese or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Charbroiled Hamburger Sub Sandwich Watermelon or Strawberry Yogurt/String Cheese ✓</p> <p><b>SIDES</b> Chips Crisp Carrot Sticks Bananas</p> <p><b>MILKS</b></p> <p style="text-align: right;"><b>18</b></p> <p style="text-align: center;"></p>	<p>Egg &amp; 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## November: Simply Delicious Sweet Potatoes

The sweet potato is a native of the New World. In North America, sweet potatoes were grown by the Indians in Louisiana and as far north as Georgia long before settlers arrived. George Washington Carver, the noted agricultural chemist, encouraged the planting of peanuts and sweet potatoes as alternate crops for cotton. As a result, the sweet potato gained much popularity in the south.

The sweet potato is sweet because of a natural enzyme that converts the starch to sugar when the potato matures and when it is cooked. Some people like it even sweeter with a little added cinnamon and brown sugar. The sweet potato is also one of the healthiest foods in the vegetable kingdom. It is low in calories, high in fiber, has lots of vitamin B6, vitamin C, potassium and iron. In addition to this awesome nutrient profile, the sweet potato has an amazing amount of beta-carotene, which converts to vitamin A in the body when needed. Beta-carotene is what gives the sweet potato its deep orange color. Eating just one sweet potato supplies your body with the entire amount of beta-carotene you need for the entire day. That's great news because beta-carotene plays a critical role in keeping your immune system strong and your eyes healthy.

Sweet potatoes – they aren't just for Thanksgiving. You owe it to your taste buds and your body to try these naturally delicious treats today! They make a great afternoon snack! For tasty sweet potato recipes go to <http://www.liftoffplayground.com>

### FREE & REDUCED PRICED LUNCH

Your children may have free or reduced price meals if:

- Your family receives food stamps.
- Your family receives Aid for Needy Families with Children (ANFC).
- Your family makes less than the incomes listed on the chart below.
- **Applications are available at all school offices.**

*Income chart effective from July 1, 2009 to June 30, 2010.*

<b>INCOME ELIGIBILITY GUIDELINES 2009-2010</b>			
Household Size	Reduced Meals		
	Annually	Monthly	Weekly
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
For each additional family member, add:	+6,919	+577	+134

*If your income is at or below the levels above, you will be eligible for free or reduced price meals. Your application is confidential.*

★ **ADVANCED PAYMENT:** Lunch tickets may be purchased in advance and obtained at the school cafeteria from the site supervisor. This method of payment eliminates students losing their lunch money and facilitates payment of meals.

★ **All NSF checks are collected through First State Bank. \$15.00 fee for this process.**

### LUNCH PRICES

Full Price Breakfast (K-5).....	<b>\$.75</b>
Full Price Breakfast (6-12).....	<b>\$1.00</b>
Adult Breakfast.....	<b>\$1.25</b>
Reduced Price Breakfast (K-12).....	<b>\$.30</b>
Full Price Lunch (K-5) .....	<b>\$1.85</b>
Full Price Lunch (6-8).....	<b>\$2.00</b>
Full Price Lunch (9-12).....	<b>\$2.00</b>
Reduced Price Lunch (K-12) .....	<b>\$.40</b>
Staff Lunch.....	<b>\$2.50</b>
Adult Visitor Lunch .....	<b>\$3.00</b>
Child Visitor Lunch.....	<b>\$1.85</b>
Entree .....	<b>\$1.35</b>
Entree w/meal .....	<b>\$1.15</b>
Juice.....	<b>\$.35</b>
Water (with meal) .....	<b>\$.40</b>
Milk.....	<b>\$.50</b>

### PRE-PAID LUNCH FORM

Please return this form, and the exact amount, in a sealed envelope, with your child's name on the outside, to his or her teacher.

**One child per form, please • Please make checks out to: RIO RANCHO PUBLIC SCHOOLS**

Child's Name \_\_\_\_\_

Teacher \_\_\_\_\_

Grade \_\_\_\_\_ Today's Date \_\_\_\_\_

<b>Elementary School Full Price Lunch</b>	<b>Middle School Full Price Lunch</b>	<b>Both Schools Reduced Price Lunch</b>
5 Lunches \$9.25 <input type="checkbox"/>	5 Lunches \$10.00 <input type="checkbox"/>	5 Lunches \$2.00 <input type="checkbox"/>
10 Lunches \$18.50 <input type="checkbox"/>	10 Lunches \$20.00 <input type="checkbox"/>	10 Lunches \$4.00 <input type="checkbox"/>
15 Lunches \$27.75 <input type="checkbox"/>	15 Lunches \$30.00 <input type="checkbox"/>	15 Lunches \$6.00 <input type="checkbox"/>
20 Lunches \$37.00 <input type="checkbox"/>	20 Lunches \$40.00 <input type="checkbox"/>	20 Lunches \$8.00 <input type="checkbox"/>
25 Lunches \$46.25 <input type="checkbox"/>	25 Lunches \$50.00 <input type="checkbox"/>	25 Lunches \$10.00 <input type="checkbox"/>