

BREAKFAST

Daily Breakfast Selections: Assorted Cold Cereal, Banana Bread, WG Bagel W/ Cream Cheese, Pop Tarts

Monday

Breakfast Pizza

Tuesday

WG Cinnamon Rolls

Wednesday

Pancake on a Stick

Thursday

Cinnamon Texas Toast

Friday

Waffles

Daily Breakfast includes:

- Assorted Fruit
- Assorted Fruit Juice
- Assorted Milk

Students must take ½ cup fruit
Students must take 3 of 4 components

*Middle School
Breakfast \$1.75
Lunch \$2.75
Free Breakfast and Lunch at RMS
Week of 3/26/2018*

Students must take 3 of the 5 components at lunch. They must have ½ cup of fruit or vegetables for a reimbursable meal

Monday

*Pepperoni Calzone
Spicy or Crispy Chicken Tenders
Turkey Sub
Bread Basket
Seasoned Corn
Fruit and Vegetable Bar
Milk*

Tuesday

*Taco Salad
Nachos Supreme
Chef Salad
Bread Basket
Refried Beans
Fruit and Vegetable Bar
Milk*

Wednesday

*Spaghetti with Meatballs
Pepperoni or Cheese Pizza
Italian Sub
Bread Basket
Seasoned Carrots
Fruit and Vegetable Bar
Milk*

Thursday

½ Day

Friday

*No
School*

Condiments

*Ketchup
Mustard
Mayonnaise
Barbeque Sauce
Marinara Sauce
Salsa
Ranch Dressing
Italian Dressing*

Condiments Available Daily

*Ketchup Low Fat Ranch Low Fat Italian Barbeque Sauce Marinara Sauce Lt. Honey Mustard Sauce
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