

**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**  
Waffle

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 Menu*  
*Breakfast \$1.75*  
*Lunch \$2.75*  
*Free Breakfast and Lunch at RMS*  
*Week of 6/04/2017*

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

**Monday**

*Spicy or Crispy Chicken Sandwich*  
*Chicken Tenders*  
*Turkey Sub*  
*Bread Basket*  
*Baked Beans*  
*Fruit and Vegetable Bar*  
*Milk*

**Tuesday**

*Asian Chicken Bowl*  
*Nachos Supreme*  
*Chef Salad*  
*Bread Basket*  
*Seasoned Broccoli*  
*Fruit and Vegetable Bar*  
*Milk*

**Wednesday**

*Cheesy Lasagna*  
*Pepperoni or Cheese Pizza*  
*Italian Sub*  
*Bread Basket*  
*Seasoned Carrots*  
*Fruit and Vegetable Bar*  
*Milk*

**Thursday**

*Cook's Choice*

**Friday**

*Cook's Choice*

**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*  
*Mustard*    *USDA is an Equal Opportunity Provider and Employer*