

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
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