

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 4/09/2018

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

Monday

- 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

- Turkey and Gravy*
- Cheeseburger on Bun*
- Grilled Chicken Salad*
- Bread Basket*
- Mashed Potatoes*
- Fruit and Vegetable Bar*
- Milk*

Friday

- Philly Cheese Steak*
- French Toast and Sausage*
- Ham and Cheese Sub*
- Sweet Potato Puffs*
- Fruit and Vegetable Bar*
- Milk*

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