

BREAKFAST

Daily Breakfast Selections: Assorted Cold Cereal, Waffle, 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

Breakfast Slider

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 04/16/2018**

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

Monday

*Cheese French Bread
Chicken Tenders w/ Roll
Turkey Sub
Bread Basket
Baked Beans
Fruit and Vegetable Bar
Milk*

Tuesday

*Chili Cheese Fries
Nachos Supreme
Chef Salad
Bread Basket
Green Beans
Fruit and Vegetable Bar
Milk*

Wednesday

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

Thursday

*Crispy Chicken w/ Macaroni and Cheese
Cheeseburger on Bun
Grilled Chicken Salad
Bread Basket
Fruit and Vegetable Bar
Milk*

Friday

*Hot Dog Bar
Beef Soft Tacos
Ham and Cheese Sub
Oven Fries
Fruit and Vegetable Bar
Milk*

Condiments

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