

**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 1/2 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 2/12/2018**

Students must take 3 of the 5 components at lunch. They must have 1/2 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**

*1/2  
Day*

**Friday**

*No  
School*

**Condiments**

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