

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 2/19/2018

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

Monday

No School

Tuesday

*Bacon Cheeseburger
Nachos Supreme
Chef Salad
Bread Basket
Refried Beans
Fruit and Vegetable Bar
Milk*

Wednesday

*Chicken Alfredo w/ Garlic Bread
Pepperoni or Cheese Pizza
Italian Sub
Seasoned Broccoli
Fruit and Vegetable Bar
Milk*

Thursday

*Spicy or Crispy Chicken Sandwich
Cheeseburger on Bun
Grilled Chicken Salad
Bread Basket
Oven Fries
Fruit and Vegetable Bar
Milk*

Friday

*Turkey Rubeen Sandwich
Nacho Bites
Ham and Cheese Sub
Coleslaw
Fruit and Vegetable Bar
Milk*

Condiments

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