

BREAKFAST

Daily Breakfast Selections: Assorted Cold Cereal, Waffle, Banana Bread, WG Bagel W/ Cream Cheese, Pop Tarts

<u>Monday</u> Breakfast Pizza	<u>Tuesday</u> WG Cinnamon Rolls	<u>Wednesday</u> Pancake on a Stick	<u>Thursday</u> Cinnamon Texas Toast	<u>Friday</u> Breakfast Slider
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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 5/22/2017

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

Monday

*Cheese Lasagna Roll- up w/
Garlic Bread
Hamburger on Bun
All American Sub*

Tuesday

*Chili Fries w/ Dinner Roll
Chicken Nuggets w/ Dinner Roll
Chef Salad w/Dinner Roll
Oven Fries
Milk*

Wednesday

*Crispy Baked Chicken w/ Roll
Beef Tacos
Ham and Cheese Sub
Milk*

Thursday

*Cheese Pizza
French Toast w/ Sausage
Grilled Chicken Salad w/ Dinner
Roll
Hashbrowns
Milk*

Friday

*No
School*

Daily Sides

*Available Daily
Salad Bar*

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*