

# ROLAND JR/SR HIGH MENU

## AUGUST 2016

*MON*

*TUES*

*WED*

*THURS*

*FRI*

				
			11 <b>BREAKFAST</b> Muffin, Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Sub Sandwich Chips, Pudding Fruit & Veg. Bars Milk	12 <b>BREAKFAST</b> Waffles and Fruit Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> <b>Corn Dog</b> <b>Baked Beans</b> <b>Ice Cream</b> Fruit & Veg. Bars Milk
15 <b>BREAKFAST</b> Sausage Biscuit Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Pizza Caesar Salad Fruit Dessert Fruit & Veg. Bars Milk	16 <b>BREAKFAST</b> Scrambled Eggs, Toast Cereal, Fruit Bar, Juice, Milk  <b>LUNCH</b> Chicken, Rice Broccoli, Hot Rolls Fruit & Veg. Bars Milk	17 <b>BREAKFAST</b> Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk  <b>LUNCH</b> Hamburgers Baked Beans, Chips Fruit & Veg Bars Milk	18 <b>BREAKFAST</b> Muffin Cereal, Fruit Bar, Juice, Milk  <b>LUNCH</b> Egg Roll, Fried Rice Fortune Cookie Fruit & Veg. Bars Milk	19 <b>BREAKFAST</b> Pancake-on-a-stick, Syrup Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Hot Dog, Chili Chips, Ice Cream Fruit & Veg. Bars Milk
22 <b>BREAKFAST</b> Breakfast Bar, Toast Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Crispito w/cheese Refried Beans Fruit & Veg. Bars Milk	23 <b>BREAKFAST</b> Omelet, Toast Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Spaghetti Corn Garlic Toast Fruit & Veg. Bars Milk	24 <b>BREAKFAST</b> Biscuit and Gravy Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Chicken Sandwich Chips, Rice Krispy Bar Fruit & Veg. Bars Milk	25 <b>BREAKFAST</b> Cinnamon Roll Yogurt Cereal, Fruit Bar  <b>LUNCH</b> Sub Sandwich Chips Fruit & Veg. Bars Milk	26 <b>BREAKFAST</b> Waffles and Fruit Syrup Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Baked Potatoes Chef Salad, Broccoli Bread Stick Fruit & Veg. Bars Milk
29 <b>BREAKFAST</b> Breakfast Pizza Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Soft Taco Refried Beans Fruit & Veg. Bars Milk	30 <b>BREAKFAST</b> Scrambled Eggs, Toast Cereal, Fruit Bar Juice, Milk  <b>LUNCH</b> Beef Tips & Rice Green Beans Hot Rolls Fruit & Veg. Bars Milk	31 <b>BREAKFAST</b> Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk  <b>LUNCH</b> Grilled Chicken Caesar Salad Breadstick Fruit & Veg. Bars Milk		

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