

ROLAND JR/SR HIGH MENU

AUGUST 2017

MON

TUES

WED

THURS

FRI

				
			10 BREAKFAST Muffin, Cereal, Fruit Bar Juice, Milk LUNCH Sandwich Chips, Freeze pop Fruit & Veg. Bars Milk	11 BREAKFAST Waffles and Fruit Cereal, Fruit Bar Juice, Milk LUNCH Hot Dog Baked Beans Ice Cream Fruit & Veg. Bars Milk
14 BREAKFAST Sausage Biscuit Cereal, Fruit Bar Juice, Milk LUNCH Pizza Caesar Salad Fruit Dessert Fruit & Veg. Bars Milk	15 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Juice, Milk LUNCH Chicken, Rice Broccoli, Hot Rolls Fruit & Veg. Bars Milk	16 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk LUNCH Hamburgers Chips, Cookie Fruit & Veg Bars Milk	17 BREAKFAST Muffin Cereal, Fruit Bar, Juice, Milk LUNCH Egg Roll, Fried Rice Fortune Cookie Fruit & Veg. Bars Milk	11 BREAKFAST Pancake-on-a-stick, Syrup Cereal, Fruit Bar Juice, Milk LUNCH Corn dog Baked Beans, Ice Cream Fruit & Veg. Bars Milk
21 BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar Juice, Milk LUNCH Crispito w/cheese Refried Beans Fruit & Veg. Bars Milk	22 BREAKFAST Scrambled eggs, Toast Cereal, Fruit Bar Juice, Milk LUNCH Spaghetti Corn Garlic Toast Fruit & Veg. Bars Milk	23 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar Juice, Milk LUNCH Chicken Sandwich Chips, Rice Krispy Bar Fruit & Veg. Bars Milk	24 BREAKFAST Cinnamon Roll Yogurt Cereal, Fruit Bar LUNCH Sub Sandwich Chips Fruit & Veg. Bars Milk	5 BREAKFAST Waffles and Fruit Syrup Cereal, Fruit Bar Juice, Milk LUNCH Baked Potatoes Chef Salad, Broccoli Bread Stick Fruit & Veg. Bars Milk
28 BREAKFAST Breakfast Pizza Cereal, Fruit Bar Juice, Milk LUNCH Soft Taco Refried Beans Fruit & Veg. Bars Milk	29 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Juice, Milk LUNCH Beef Tips & Rice Green Beans Hot Rolls Fruit & Veg. Bars Milk	30 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk LUNCH Sloppy Joe Chips Fruit & Veg. Bars Milk	31 BREAKFAST	

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