

# ROLAND JR/SR HIGH MENU

## DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BREAKFAST Donut Cereal, Fruit Bar, Milk  LUNCH Sub Sandwich Chips Fruit & Veg Bar, Milk	2 BREAKFAST Pancakes Syrup Cereal, Fruit Bar, Milk  LUNCH Baked Potatoes Chef Salad, Broccoli Bread Stix Fruit & Veg Bar, Milk
5 BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk  LUNCH Pizza Caesar Salad Fruit Dessert Fruit & Veg Bar, Milk	6 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Chicken Spaghetti Green Beans Garlic Toast Fruit & Veg Bar, Milk	7 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Hamburgers Chips, Cookie Fruit & Veg Bar, Milk	8 BREAKFAST Muffin Cereal, Fruit Bar, Milk  LUNCH Stew Corn Bread Fruit & Veg Bar, Milk	9 BREAKFAST Pancake on a Stick Syrup Cereal, Fruit Bar, Milk  LUNCH Pinto Beans, Cabbage Cubed potatoes, Corn Bread, Cupcake Fruit & Veg Bar, Milk
12 BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar, Milk  LUNCH Beef n Cheese Nachos Refried Beans Fruit & Veg Bar, Milk	13 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Hot Soup Choice Toasted Cheese, Ice Cream Fruit & Veg Bar, Milk	14 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Chicken Sandwich Chips Fruit & Veg Bar, Milk	15 BREAKFAST Cinnamon Roll Cereal, Fruit Bar, Milk  LUNCH Ham, Mashed Potatoes Green Beans, Hot Rolls Cheese cake Fruit & Veg Bar, Milk	16 BREAKFAST Waffles and Fruit Cereal, Fruit Bar, Milk  LUNCH Corn Dogs Baked Beans Chips Fruit & Veg Bar, Milk



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