

ROLAND JR/SR HIGH MENU

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 st BREAKFAST Pancakes, syrup Cereal, Fruit Bar, Milk LUNCH Baked Potatoes Chef salad, Broccoli Bread Stix, Ice Cream Fruit & Veg Bars, Milk
4 th BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk LUNCH Pizza, Caesar Salad Fruit Crisp Fruit & Veg. Bars, Milk	5 th BREAKFAST Scrambled eggs, Toast Cereal, Fruit Bar, Milk LUNCH Chicken Spaghetti Green Beans Garlic Toast Fruit & Veg Bars, Milk	6 th BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Hamburger, Chips, Cookie Fruit & Veg Bars, Milk	7 th BREAKFAST Muffins Cereal, Fruit Bar, Milk LUNCH Lil Smokies Mac & Cheese Hot Rolls Fruit & Veg Bars, Milk	8 th BREAKFAST Pancake on a stick Cereal, Fruit Bar, Milk LUNCH Pinto Beans, Potatoes Cabbage, Crackers Ice cream Fruit & Veg Bars, Milk
11 th BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar, Milk LUNCH Beef-n-Cheese Nacho's Refried Beans Fruit & Veg Bars, Milk	12 th BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Meat Loaf, Potatoes Hot Roll Fruit & Veg Bars, Milk	13 th BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Chicken Sandwich, Chips Rice Krispy bar Fruit & Veg Bars, Milk	14 th BREAKFAST Toast, Yogurt Cereal, Fruit Bar, Milk LUNCH Frito Chili Pie, Corn Fruit & Veg Bars, Milk	15 th BREAKFAST Breakfast Bites Cereal, Fruit Bar, Milk LUNCH Toasted Cheese, Soup Ice Cream Fruit & Veg Bars, Milk
18 th BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk LUNCH Ham, Potatoes Green Beans, Hot Rolls Cheese cake, /Cherries Fruit & Veg Bars, Milk	19 th BREAKFAST Muffins Cereal, Fruit Bar, Milk LUNCH Sandwich, Chips Fruit & Veg Bars, Milk			



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