



ROLAND JR/SR HIGH MENU

JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3. BREAKFAST Scrambled eggs, toast Cereal, Fruit Bar, Milk LUNCH Chicken Strips Mashed Potatoes Biscuit, Gravy Fruit & Veg. Bars, Milk	4. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Sloppy Joes Chips Fruit & Veg Bars, Milk	5. BREAKFAST Donut Cereal, Fruit Bar, Milk LUNCH Lil Smokies Mac & Cheese Hot Roll Fruit & Veg Bars, Milk	6. BREAKFAST Pancakes, Syrup Cereal, Fruit Bar, Milk LUNCH Baked fish Black Eye Peas Hush puppies, Cupcakes Fruit & Veg Bars, Milk
9. BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk LUNCH Pizza, Caesar Salad, Fruit Desert Fruit & Veg Bars, Milk	10. BREAKFAST Scrambled eggs, toast Cereal, Fruit Bar, Milk LUNCH Chicken Mashed Potatoes Hot Roll Fruit & Veg Bars, Milk	11. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Hamburgers Baked Beans Chips Fruit & Veg Bars, Milk	12. BREAKFAST Muffin Cereal, Fruit Bar, Milk LUNCH Egg Roll Fried Rice, Fortune Cookie Fruit & Veg Bars, Milk	13. BREAKFAST Pancake on a stick, Syrup Cereal, Fruit Bar, Milk LUNCH Hot Dog Chili Chips, Ice Cream Fruit & Veg Bars, Milk
16. BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar, Milk LUNCH Crispito w/Cheese Refried Beans Fruit & Veg. Bars, Milk	17. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Spaghetti, Corn Garlic Toast Fruit & Veg Bars, Milk	18. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Chicken Sandwich Chips Rice Krispy Bar Fruit & Veg Bars, Milk	19. BREAKFAST Cinnamon Roll Cereal, Fruit Bar, Milk LUNCH Chili Corn bread Pudding Fruit & Veg Bars, Milk	20. BREAKFAST Waffles & Fruit Cereal, Fruit Bar, Milk LUNCH Baked Potato, Broccoli Chef Salad Bread Stick Fruit & Veg Bars, Milk
23. BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk LUNCH Soft Taco, Refried Beans Fruit & Veg Bars, Milk	24. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Beef tips & Rice Green Beans, Hot Rolls Fruit & Veg Bars, Milk	25. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Sloppy Joes Chips Fruit & Veg Bars, Milk	26. BREAKFAST Donut Cereal, Fruit Bar, Milk LUNCH BBQ Chicken, Mashed Potatoes, Hot rolls Fruit & Veg. Bars, Milk	27. BREAKFAST Pancakes, syrup Cereal, Fruit Bar, Milk LUNCH Corn dog, Baked Beans Ice Cream Fruit & Veg Bars, Milk
30. BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk LUNCH Pizza, Caesar Salad Fruit Cup Fruit & Veg Bars, Milk	31. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Chicken Spaghetti Green Beans Garlic Toast Fruit & Veg Bars, Milk	<p style="text-align: center;">GO RANGERS</p>		<p style="text-align: center;">2017</p>

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