





# ROLAND JR/SR HIGH MENU

## JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Sloppy Joes Chips Fruit & Veg Bars, Milk	4. BREAKFAST Donut Cereal, Fruit Bar, Milk  LUNCH Stew Crackers Fruit & Veg Bars, Milk	5. BREAKFAST Pancakes, Syrup Cereal, Fruit Bar, Milk  LUNCH Baked fish Black Eye Peas Crackers, Cupcakes Fruit & Veg Bars, Milk
8. BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk  LUNCH Pizza, Caesar Salad, Fruit Dessert Fruit & Veg Bars, Milk	9. BREAKFAST Scrambled eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Chicken, Rice Broccoli, Hot Roll Fruit & Veg Bars, Milk HAMBURGER DAY	10. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Hamburgers Chips, Cookie Fruit & Veg Bars, Milk	11. BREAKFAST Muffin Cereal, Fruit Bar, Milk  LUNCH Egg Roll Fried Rice, Fortune Cookie Fruit & Veg Bars, Milk	12. BREAKFAST Pancake on a stick, Syrup Cereal, Fruit Bar, Milk  LUNCH Corndog, Baked Beans Chips, Ice Cream Fruit & Veg Bars, Milk
15. BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar, Milk  LUNCH Crispito w/Cheese Refried Beans Fruit & Veg Bars, Milk	16. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Spaghetti, Corn Garlic Toast Fruit & Veg Bars, Milk HAMBURGER DAY	17. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Chicken Sandwich Chips Rice Krispy Bar Fruit & Veg Bars, Milk	18. BREAKFAST Oatmeal, Toast Cereal, Fruit Bar, Milk  LUNCH Chili Crackers Pudding Fruit & Veg Bars, Milk	19. BREAKFAST Breakfast Bites Cereal, Fruit Bar, Milk  LUNCH Baked Potato, Broccoli Chef Salad Bread Stick Fruit & Veg Bars, Milk
22. BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk  LUNCH Soft Taco, Refried Beans Fruit & Veg Bars, Milk	23. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Beef Tips & Rice Green Beans, Hot Rolls Fruit & Veg Bars, Milk HAMBURGER DAY	24. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Sloppy Joes Chips Fruit & Veg Bars, Milk	25. BREAKFAST Donut Cereal, Fruit Bar, Milk  LUNCH Sandwich, Chips Fruit & Veg. Bars, Milk	26. BREAKFAST Pancakes, Syrup Cereal, Fruit Bar, Milk  LUNCH Hot Dog, Chili Chips, Ice cream Fruit & Veg Bars, Milk
29. BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk  LUNCH Pizza, Caesar Salad Fruit Dessert Fruit & Veg Bars, Milk	30. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Chicken Spaghetti Green Beans, Garlic Toast Fruit & Veg Bars, Milk HAMBURGER DAY	31. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Hamburgers Chips Cookie Fruit & Veg Bars, Milk		

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER