








# ROLAND JR/SR HIGH MENU

## MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Chicken sandwich Chips Rice Krispy bar Fruit & Veg Bars, Milk	2. BREAKFAST Cinnamon Roll Cereal, Fruit Bar, Milk  LUNCH Chili, Corn bread Pudding Fruit & Veg Bars, Milk	3. BREAKFAST Waffles & Fruit Syrup Cereal, Fruit Bar, Milk  LUNCH Pinto Beans Cubed potatoes Cabbage, Corn Bread ice cream Fruit & Veg Bars, Milk
6. BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk  LUNCH Soft taco Refried Beans, Cake Fruit & Veg Bars, Milk	7. BREAKFAST Scrambled eggs, toast Cereal, Fruit Bar, Milk  LUNCH Beef tips and rice Green beans Hot Roll Fruit & Veg Bars, Milk	8. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Sloppy Joes Chips Fruit & Veg Bars, Milk	9. BREAKFAST Donut Cereal, Fruit Bar, Milk  LUNCH Turkey, Potatoes Green beans, Hot rolls Ice Cream Fruit & Veg Bars, Milk	10. BREAKFAST Pancakes, Syrup Cereal, Fruit Bar, Milk  LUNCH Corn Dog, Baked Beans Peanut butter cookies Fruit & Veg Bars, Milk
				
20. BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk  LUNCH Pizza Caesar salad Cake Fruit & Veg Bars, Milk	21. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Chicken & Rice Broccoli, Hot Rolls Fruit & Veg Bars, Milk	22. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk  LUNCH Hamburgers Chips Cookies Fruit & Veg Bars, Milk	23. BREAKFAST Muffins Cereal, Fruit Bar, Milk  LUNCH Lil smokies, Mac n cheese Hot Rolls Fruit & Veg. Bars, Milk	24. BREAKFAST Pancake on a stick Syrup Cereal, Fruit Bar, Milk  LUNCH Baked Potato Chef Salad, Broccoli Bread Stick, Ice Cream Fruit & Veg Bars, Milk
27. BREAKFAST Breakfast Bar Cereal, Fruit Bar, Milk  LUNCH Beef N Cheese Nachos Refried Beans Fruit & Veg Bars, Milk	28. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Meat loaf Mashed potatoes Hot Roll Fruit & Veg Bars, Milk	29. BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Chicken Sandwich Chips Rice Krispy Bar, Fruit & Veg Bars, Milk	30. BREAKFAST Cinnamon Roll Cereal, Fruit Bar, Milk  LUNCH Frito chili pie Corn Fruit & Veg. Bars, Milk	31. Waffles & Fruit Cereal, Fruit Bar, Milk  LUNCH Ham Sandwich Chips Peanut Butter Cookies Fruit & Veg Bars, Milk

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