






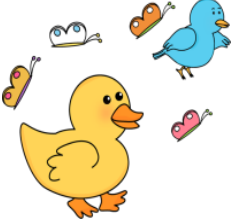


ROLAND JR/SR HIGH MENU

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BREAKFAST Toast, Yogurt Cereal, Fruit Bar, Milk LUNCH Chili, Crackers Fruit & Veg Bars, Milk	2 BREAKFAST Breakfast Bites Syrup Cereal, Fruit Bar, Milk LUNCH Baked potatoes ,Chef Salad, Broccoli, Bread Stick ice cream Fruit & Veg Bars, Milk
5. BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk LUNCH Soft Taco Peaches Cake Fruit & Veg Bars, Milk	6. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Chicken Strips Mashed Potatoes Biscuit, Gravy Fruit & Veg Bars, Milk	7. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH BBQ Beef Sandwich Cole slaw, Baked Beans Chips Fruit & Veg Bars, Milk	8 BREAKFAST Donut Cereal, Fruit Bar, Milk LUNCH Sandwich, Chips Cookies, Fruit & Veg Bars, Milk	9 BREAKFAST Pancakes, Syrup Cereal, Fruit Bar, Milk LUNCH Hot Dog, Chili Chips, Ice cream Fruit & Veg Bars, Milk
12 BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk LUNCH Pizza, Caesar Salad Cake Fruit & Veg Bars, Milk	13 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Br, Milk LUNCH Chicken Strips Broccoli Hot Roll Fruit & Veg Bar Milk	14 BREAKFAST Biscuit & Gravy Cereal, Fruit Bar, Milk LUNCH Hamburger Chips, Cookie Fruit & Veg Bar Milk	15 BREAKFAST Muffins Cereal, Fruit Bar, Milk LUNCH Beef Tips & Rice Green Beans Hot Rolls Fruit & Veg Bar Milk	16 BREAKFAST Pancake on a stick Cereal, Fruit Bar, Milk LUNCH Pinto Beans, Cubed Potatoes Cabbage, Crackers Fruit & Veggie Bar, Milk
				
26. BREAKFAST Breakfast Bar Cereal, Fruit Bar, Milk LUNCH Beef N Cheese Nachos Refried Beans Fruit & Veg Bars, Milk	27. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Chicken Strips Mashed Potatoes Biscuit, Gravy Fruit & Veg Bars, Milk	28 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk LUNCH Hamburger Chips Cookie, Fruit & Veg Bars, Milk	29 BREAKFAST Toast, Yogurt Cereal, Fruit Bar, Milk LUNCH Frito Chili Pie Corn Fruit & Veg. Bars, Milk	30. BREAKFAST Waffles & Fruit Cereal, Fruit Bar, Milk LUNCH Hot Soup Choice Toasted cheese Ice Cream Fruit & Veg Bars, Milk

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