




# ROLAND JR/SR HIGH MENU

## NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Sloppy joes, Chips Fruit & Veg Bar, Milk	2 BREAKFAST Donut Cereal, Fruit Bar, Milk  LUNCH Lil Smokies, Mac & Cheese Hot Rolls Fruit & Veg Bar, Milk	3 BREAKFAST Pancakes Syrup Cereal, Fruit Bar, Milk  LUNCH Baked Fish Black Eyed Peas Hushpuppies, Cupcakes Fruit & Veg Bar, Milk
6 BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk  LUNCH Pizza Caesar Salad Fruit Dessert Fruit & Veg Bar, Milk	7 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Chicken, Rice Broccoli, Hot Rolls Fruit & Veg Bar, Milk	8 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Hamburgers Chips, Fruit & Veg Bar, Milk	9 BREAKFAST Muffin Cereal, Fruit Bar, Milk  LUNCH Egg Roll, Fried Rice Mandarin Orange Fortune Cookie Fruit & Veg Bar, Milk	10 BREAKFAST Pancake on a Stick Syrup Cereal, Fruit Bar, Milk  LUNCH Pinto Beans, Cabbage Cubed potatoes, Corn Bread, Cobbler Fruit & Veg Bar, Milk
13 BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar, Milk  LUNCH Crispito w/cheese Refried Beans Fruit & Veg Bar, Milk	14 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Spaghetti, Corn Garlic Toast Fruit & Veg Bar, Milk HAMBURGER DAY	15 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Chicken Sandwich Chips Fruit & Veg Bar, Milk	16 BREAKFAST Oatmeal, toast Cereal, Fruit Bar, Milk  LUNCH Turkey, Dressing Mashed Potatoes, Yams Hot Rolls, Green Beans Pies Fruit & Veg Bar, Milk	17 BREAKFAST Waffles and Fruit Cereal, Fruit Bar, Milk  LUNCH Corn Dogs, Chips Ice Cream Fruit & Veg Bar, Milk

THE 20<sup>th</sup> THRU THE 24<sup>th</sup>  
 THANKSGIVING BREAK  
 ENJOY

27 BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk  LUNCH Soft Taco Refried Beans Fruit & Veg Bar, Milk	28 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk  LUNCH Beef Tips & Rice Green Beans, Hot Rolls Fruit & Veg Bar, Milk	29 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk  LUNCH Sloppy Joes Chips Fruit & Veg Bar, Milk	30 BREAKFAST Donut Cereal, Fruit Bar, Milk  LUNCH Sandwiches Chips Rice Krispy bar Fruit & Veg Bar, Milk	 Give Thanks!
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