
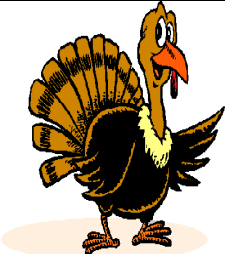



ROLAND JR/SR HIGH MENU

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Chopped Steak, Mashed Potatoes, Hot Roll, Fruit & Veg Bar, Milk	2 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk LUNCH Sloppy joes, Chips Fruit & Veg Bar, Milk	3 BREAKFAST Donut Cereal, Fruit Bar, Milk LUNCH Lil Smokies, Mac & Cheese Hot Rolls Fruit & Veg Bar, Milk	4 BREAKFAST Pancakes Syrup Cereal, Fruit Bar, Milk LUNCH Baked Fish Black Eyed Peas Hushpuppies, Cupcakes Fruit & Veg Bar, Milk	
	7 BREAKFAST Sausage Biscuit Cereal, Fruit Bar, Milk LUNCH Pizza Caesar Salad Fruit Dessert Fruit & Veg Bar, Milk	8 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Chicken, Rice Broccoli, Hot Rolls Fruit & Veg Bar, Milk	9 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk LUNCH Hamburgers Chips, Fruit & Veg Bar, Milk	10 BREAKFAST Muffin Cereal, Fruit Bar, Milk LUNCH Egg Roll, Fried Rice Mandarin Orange Fortune Cookie Fruit & Veg Bar, Milk	11 BREAKFAST Pancake on a Stick Syrup Cereal, Fruit Bar, Milk LUNCH Pinto Beans, Cabbage Cubed potatoes, Corn Bread, Cobbler Fruit & Veg Bar, Milk
	14 BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar, Milk LUNCH Crispito w/cheese Refried Beans Fruit & Veg Bar, Milk	15 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Spaghetti, Corn Garlic Toast Fruit & Veg Bar, Milk	16 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk LUNCH Chicken Sandwich Chips Fruit & Veg Bar, Milk	17 BREAKFAST Cinnamon Roll Cereal, Fruit Bar, Milk LUNCH Turkey, Dressing Mashed Potatoes, Yams Hot Rolls, Green Beans Pies Fruit & Veg Bar, Milk	18 BREAKFAST Waffles and Fruit Cereal, Fruit Bar, Milk LUNCH Corn Dogs, Chips Ice Cream Fruit & Veg Bar, Milk

THE 21ST THRU THE 25TH
 THANKSGIVING BREAK
 ENJOY

28 BREAKFAST Breakfast Pizza Cereal, Fruit Bar, Milk LUNCH Soft Taco Refried Beans Fruit & Veg Bar, Milk	29 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Milk LUNCH Beef Tips & rice Green Beans, Hot Rolls Fruit & Veg Bar, Milk	30 BREAKFAST Biscuit and gravy Cereal, Fruit Bar, Milk LUNCH Sloppy Joes Chips Fruit & Veg Bar, Milk		
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