

ROLAND JR/SR HIGH MENU

OCTOBER 2016





MON

TUES

WED

THURS

FRI

<p>3. BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar Milk</p> <p>LUNCH Crispito, Cheese Refried Beans Fruit & Veg. Bars Milk</p>	<p>4. BREAKFAST <i>Omelet, Toast Cereal, Fruit Bar Milk</i></p> <p><i>LUNCH</i> <i>Spaghetti Corn Garlic Toast Fruit & Veg. Bars Milk</i></p>	<p>5. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar Milk</p> <p>LUNCH Chicken Sandwich Chips Rice Krispy Bar Fruit & Veg. Bars Milk</p>	<p>6. BREAKFAST Cinnamon Roll Cereal, Fruit Bar Milk</p> <p>LUNCH Chili Cornbread Pudding, Fruit & Veg. Bars Milk</p>	<p>7. BREAKFAST Waffles and fruit Cereal, Fruit Bar Milk</p> <p>LUNCH Baked Potatoes Chef Salad, Broccoli Bread Sticks Fruit & Veg. Bars Milk</p>
<p>10. BREAKFAST Breakfast Pizza Cereal, Fruit Bar Milk</p> <p>LUNCH Soft Taco Refried Beans Fruit & Veg. Bars Milk</p>	<p>11. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Milk</p> <p>LUNCH Beef Tips, Rice Green beans, Hot Rolls Fruit & Veg. Bars Milk</p>	<p>12. BREAKFAST Biscuit, Gravy Cereal, Fruit Bar Milk</p> <p>LUNCH Grilled Chicken Caesar Salad Breadstick Fruit & veg. bars Milk</p>	<p>NO SCHOOL</p> 	<p>NO SCHOOL FALL BREAK</p> 
<p>17. BREAKFAST Sausage, Biscuit Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Pizza Caesar Salad Fruit & Veg. Bars Milk</p>	<p>18. BREAKFAST Omelet, Toast Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Chicken Spaghetti Green Beans Garlic Toast Fruit & Veg. Bars Milk</p>	<p>19. BREAKFAST Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Hamburger Baked Beans Chips, Cookie Fruit & Veg Bars Milk</p>	<p>20. BREAKFAST Muffins Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Corn Dog Baked Beans Fruit & Veg. Bars Milk</p>	<p>PARENT TEACHER CONFERENCE</p>
<p>24. BREAKFAST Breakfast Bar Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Beef N cheese nachos Refried Beans Fruit & Veg. Bars Milk</p>	<p>25. BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Meat Loaf, Mashed Potatoes Hot Roll Fruit & Veg. Bars Milk</p>	<p>26. BREAKFAST Biscuit and Gravy Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Grilled Chicken Caesar Salad Breadstick Fruit & Veg. Bars Milk</p>	<p>27. BREAKFAST Cinnamon Rolls Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Frito Chili Pie Corn Fruit & Veg. Bars Milk</p>	<p>28. BREAKFAST Pancake on a stick Syrup Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Hot soup choice, Toasted cheese, Crackers, Ice cream Fruit & Veg. Bars Milk</p>
<p>31. BREAKFAST Breakfast Pizza Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Fajita Spanish Rice Fruit & Veg. Bars Milk</p>		<p style="text-align: center;"><i>October is Breast Cancer Awareness Month</i></p>		

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