

ROLAND JR/SR HIGH MENU

OCTOBER 2016


MON

TUES

WED

THURS

FRI

<p>2. BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar Milk</p> <p>LUNCH Crispito, W Cheese Refried Beans Fruit Dessert Fruit & Veg. Bars Milk</p>	<p>3 BREAKFAST <i>Scrambled Eggs, Toast Cereal, Fruit Bar Milk</i></p> <p>LUNCH <i>HAMBURGER DAY Spaghetti, Corn Garlic Toast Fruit & Veg. Bars Milk</i></p>	<p>4. BREAKFAST Biscuit & Gravy Cereal, Fruit Bar Milk</p> <p>LUNCH Chicken Sandwich Chips Rice Krispy Bar Fruit & Veg. Bars Milk</p>	<p>5. BREAKFAST Toast, Yogurt Cereal, Fruit Bar Milk</p> <p>LUNCH HAMBURGER DAY Chili, Cornbread Fruit & Veg. Bars Milk</p>	<p>6 BREAKFAST Waffles and fruit Cereal, Fruit Bar Milk</p> <p>LUNCH Baked Potatoes Chef Salad, Bread Sticks, Ice Cream Fruit & Veg. Bars Milk</p>
<p>9. BREAKFAST Breakfast Pizza Cereal, Fruit Bar Milk</p> <p>LUNCH Soft Taco Refried Beans Cake Fruit & Veg. Bars Milk</p>	<p>10 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Milk</p> <p>LUNCH HAMBURGER DAY Beef Tips, Rice Green beans, Hot Rolls Fruit & Veg. Bars Milk</p>	<p>11 BREAKFAST Biscuit, Gravy Cereal, Fruit Bar Milk</p> <p>LUNCH Sloppy joes, Chips Cookies Fruit & veg. bars Milk</p>	<p>12 BREAKFAST Donut, Cereal Fruit bar, Milk</p> <p>LUNCH Sub Sandwich, Chips, Fruit & Veg Bars Milk</p>	<p>13 BREAKFAST Pancakes, Syrup Cereal, Fruit Bar Milk</p> <p>LUNCH Hot dog, Chili, Chips Ice Cream Fruit & Veg Bar Milk</p>
<p>16 BREAKFAST Sausage, Biscuit Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Pizza Caesar Salad Cookie Fruit & Veg. Bars Milk</p>	<p>17 BREAKFAST Scrambled eggs, Toast Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Hamburger Day Chicken Spaghetti Green Beans Garlic Toast Fruit & Veg. Bars Milk</p>	<p>18 NO SCHOOL PARENT TEACHER CONFERENCE</p>	<p>19 NO SCHOOL FALL BREAK </p>	<p>20 NO SCHOOL FALL BREAK </p>
<p>23 BREAKFAST Breakfast Bar Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Beef N cheese nachos Refried Beans Dessert Fruit & Veg. Bars Milk</p>	<p>24 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Hamburger Day Meat Loaf, Mashed Potatoes Hot Roll Fruit & Veg. Bars Milk</p>	<p>25 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Chicken Sandwich Chips Rice Krispy Bar Fruit & Veg. Bars Milk</p>	<p>26 BREAKFAST Cinnamon Rolls Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Frito Chili Pie Corn Fruit & Veg. Bars Milk</p>	<p>27 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>30 BREAKFAST Breakfast Pizza Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Fajita Spanish Rice Fruit & Veg. Bars Milk</p>	<p>31 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Milk</p> <p>LUNCH Chicken Strips Mashed Potatoes Biscuit, Gravy Fruit & Veg. Bars Milk</p>	<p><i>October is Breast Cancer Awareness Month</i></p>	<p></p>	<p></p>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER