

ROLAND JR/SR HIGH MENU

SEPTEMBER 2016

MON

TUES

WED

THURS

FRI

			<p>1. BREAKFAST Donut Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Chili Cornbread Pudding, Fruit & Veg. Bars Milk</p>	<p>2 BREAKFAST Pancakes Syrup Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Corn Dog, Baked Beans Ice Cream Fruit & Veg. Bars Milk</p>
	<p>6 BREAKFAST Omelet, Toast Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Chicken spaghetti Green beans, Garlic toast Fruit & Veg. Bars Milk</p>	<p>7 BREAKFAST Biscuit, Gravy Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Hamburgers Chips, Cookie Fruit & veg. bars Milk</p>	<p>8 BREAKFAST Muffin, Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Stew, Corn bread Fruit & Veg. Bars Milk</p>	<p>9 BREAKFAST Pancake on a stick Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Pinto Beans, Cubed Potatoes Cabbage, Corn bread Cupcake Fruit & Veg. Bars Milk</p>
<p>12 BREAKFAST Breakfast Bar, Toast Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Beef N Cheese Nachos Refried Beans Fruit & Veg. Bars Milk</p>	<p>13 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Meat Loaf, Mashed Potatoes, Hot Rolls Fruit & Veg. Bars Milk</p>	<p>14 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Chicken Sandwich, Chips, Rice Krispy Bar Fruit & Veg Bars Milk</p>	<p>15 BREAKFAST Cinnamon Roll Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Frito chili pie Corn Fruit & Veg. Bars Milk</p>	<p>16 BREAKFAST Waffles and Fruit Syrup Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Hot Soup Choice Toasted Cheese, Crackers, Ice Cream Fruit & Veg. Bars Milk</p>
<p>19 BREAKFAST Breakfast Pizza Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Fajita Spanish rice Fruit & Veg. Bars Milk</p>	<p>20 BREAKFAST Omelet, Toast Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Chicken Strips, Mashed Potatoes Biscuit, gravy Fruit & Veg. Bars Milk</p>	<p>21 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Grilled Chicken Caesar Salad Breadstick Fruit & Veg. Bars Milk</p>	<p>22 BREAKFAST Donut Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Lil Smokies Mac n cheese Hot Rolls Fruit & Veg. Bars Milk</p>	<p>23 BREAKFAST Pancakes Syrup Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Baked fish, Black eyed peas Hush puppies, Cupcake Fruit & Veg. Bars Milk</p>
<p>26 BREAKFAST Sausage biscuit Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Pizza Caesar Salad Fruit dessert Fruit & Veg. Bars Milk</p>	<p>27 BREAKFAST Scrambled Eggs, Toast Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Chicken & Rice Broccoli Hot Rolls Fruit & Veg. Bars Milk</p>	<p>28 BREAKFAST Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Hamburgers Baked Beans Chips Fruit & Veg. Bars Milk</p>	<p>29 BREAKFAST Muffin Cereal, Fruit Bar, Juice, Milk</p> <p>LUNCH Egg Roll, Fried Rice Fortune Cookie Fruit, & Veg. Bars Milk</p>	<p>30 BREAKFAST Pancake on a stick Cereal, Fruit Bar Juice, Milk</p> <p>LUNCH Hot Dog, Chili Chips, Ice Cream Fruit & Veg Bars Milk</p>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER