

# September 2016

## Roland Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Biscuit, Gravy Cereal, Fruit bar Milk----- Corn Dog, Baked Beans, Apples Caramel dip Milk, Salad bar	<b>2</b> Pancakes, Syrup Cereal, Fruit bar Milk----- Rib sandwich, Chips Sherbet, Milk Salad bar
<b>5</b>  <b>NO SCHOOL</b>	<b>6</b> Sausage biscuit Cereal, Fruit bar Milk----- BBQ Chicken AuGratin Potatoes Bread, Milk, Salad bar	<b>7</b> Boiled Eggs Toast, Cereal Fruit bar, Milk----- Meat ball w Gravy Rice, Carrots Milk, Salad bar	<b>8</b> Cinnamon Rolls Yogurt, Cereal Fruit bar, Milk----- Chicken Tacos Refried Beans Cherry Jell-O, Milk Salad bar	<b>9</b> Biscuit, Gravy Cereal, Fruit bar Milk----- Smokies, Mac/Cheese G. Beans, Milk Peaches, Salad bar
<b>12</b> Breakfast Pizza Cereal, Fruit bar Milk----- Chicken Strips Potatoes, Biscuit Milk, Salad bar	<b>13</b> Sausage gravy Biscuit, Cereal Fruit bar, Milk----- Cheeseburger Mac Veggies, Pears Bread stick, Milk Salad bar	<b>14</b> Oatmeal, Toast Yogurt bar, Fruit bar Milk----- Pizza, Broccoli Cake, Strawberries Milk, Salad bar	<b>15</b> Sausage Biscuit, Cereal Fruit bar, Milk ----- Burrito, Corn Jell-O, Milk Salad bar	<b>16</b> Pancake, Syrup Cereal, Fruit bar, Milk ----- Peanut Butter sand. Chips, Apples/Dip Milk, Salad bar
<b>19</b> French Toast Cereal, Fruit bar Milk----- Chopped Steak Potatoes, Roll Pineapple, Milk Salad bar	<b>20</b> Breakfast Bagel Cereal, Fruit bar Milk----- BBQ Chicken Corn n Cob, Bread Peaches, Milk Salad bar	<b>21</b> Breakfast bites Cereal, Fruit bar Milk----- Ham/Cheese sand. Chips, Sherbet Milk, Salad bar	<b>22</b> Eggs, Toast Cereal, Fruit bar Milk----- Chicken Nuggets Mac/Cheese Green Beans Milk, Salad bar	<b>23</b> Biscuit, Gravy Cereal, Fruit bar Milk ----- Corn Dogs, Baked Beans, Apples/Dip Milk, Salad bar
<b>26</b> Honey Bun Yogurt Bar, Milk Fruit bar----- Grilled Chicken sand., Chips Sherbet, Milk Salad bar	<b>27</b> Biscuit , Gravy Cereal, Fruit bar Milk----- Pizza, Broccoli Cupcake, Fruit Salad bar, Milk	<b>28</b> Breakfast Pizza Cereal, Fruit bar Milk-----  Tacos, Refried Beans, Mixed Fruit Salad bar, Milk	<b>29</b> Eggs, Toast Cereal, Fruit bar Milk----- Baked Potatoes Chicken, Milk Bread stick Salad bar	<b>30</b> Pancake, Syrup Cereal, Fruit bar, Milk ----- Chili, Fritos, Cheese Cookies, Milk Salad bar

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