

# ROLAND JR/SR HIGH MENU

## SEPTEMBER 2017




*MON*

*TUES*

*WED*

*THURS*

*FRI*

				<p>1 <b>BREAKFAST</b> Pancakes Syrup Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Hot Dog, chili Chips Ice Cream Fruit &amp; Veg. Bars Milk</p>
	<p>5 <b>BREAKFAST</b> Omelet, Toast Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Hamburger day Chicken spaghetti Green beans, Garlic toast Fruit &amp; Veg. Bars Milk</p>	<p>6 <b>BREAKFAST</b> Biscuit, Gravy Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Hamburgers Chips, Cookie Fruit &amp; veg. bars Milk</p>	<p>7 <b>BREAKFAST</b> Muffin, Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Stew, Corn bread Fruit &amp; Veg. Bars Milk</p>	<p>8 <b>BREAKFAST</b> Pancake on a stick Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> <b>Pinto Beans, Cubed Potatoes Cabbage, Corn bread Cupcake</b> Fruit &amp; Veg. Bars Milk</p>
<p>11 <b>BREAKFAST</b> Breakfast Bar, Toast Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Beef N Cheese Nachos Refried Beans Fruit &amp; Veg. Bars Milk</p>	<p>12 <b>BREAKFAST</b> Scrambled Eggs, Toast Cereal, Fruit Bar, Juice, Milk</p> <p><b>LUNCH</b> <b>Hamburger day</b> Meat Loaf, Mashed Potatoes, Hot Rolls Fruit &amp; Veg. Bars Milk</p>	<p>13 <b>BREAKFAST</b> Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk</p> <p><b>LUNCH</b> Chicken Sandwich, Chips, Rice Krispy Bar Fruit &amp; Veg Bars Milk</p>	<p>14 <b>BREAKFAST</b> Toast, Yogurt Cereal, Fruit Bar, Juice, Milk</p> <p><b>LUNCH</b> <b>Hamburger Day</b> Frito chili pie Corn Fruit &amp; Veg. Bars Milk</p>	<p>15 <b>BREAKFAST</b> Waffles and Fruit Syrup Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> <b>Hot Soup Choice Toasted Cheese, Crackers, Ice Cream</b> Fruit &amp; Veg. Bars Milk</p>
<p>18 <b>BREAKFAST</b> Breakfast Pizza Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Fajita Spanish rice Fruit &amp; Veg. Bars Milk</p>	<p>19 <b>BREAKFAST</b> Omelet, Toast Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Chicken Strips, Mashed Potatoes Biscuit, gravy Fruit &amp; Veg. Bars Milk</p>	<p>20 <b>BREAKFAST</b> Biscuit and Gravy Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Sloppy Joes, Chips Fruit &amp; Veg. Bars Milk</p>	<p>21 <b>BREAKFAST</b> Donut Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> <b>Hamburger Day</b> Lil Smokies Mac n cheese Hot Rolls Fruit &amp; Veg. Bars Milk</p>	<p>22 <b>BREAKFAST</b> Pancakes Syrup Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Baked fish, Black eyed peas Hush puppies, Cupcake Fruit &amp; Veg. Bars Milk</p>
<p>25 <b>BREAKFAST</b> Sausage biscuit Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Pizza Caesar Salad Fruit dessert Fruit &amp; Veg. Bars Milk</p>	<p>26 <b>BREAKFAST</b> Scrambled Eggs, Toast Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Hamburger Day Chicken &amp; Rice Broccoli, Hot Rolls Fruit &amp; Veg. Bars Milk</p>	<p>27 <b>BREAKFAST</b> Biscuit and Gravy Cereal, Fruit Bar, Juice, Milk</p> <p><b>LUNCH</b> Hamburgers Chips, Cookie Fruit &amp; Veg. Bars Milk</p>	<p>28 <b>BREAKFAST</b> Muffin Cereal, Fruit Bar, Juice, Milk</p> <p><b>LUNCH</b> Egg Roll, Fried Rice Fortune Cookie Fruit, &amp; Veg. Bars Milk</p>	<p>29 <b>BREAKFAST</b> Pancake on a stick Cereal, Fruit Bar Juice, Milk</p> <p><b>LUNCH</b> Corn Dog, Baked Beans, Ice Cream Fruit &amp; Veg Bars Milk</p>

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