





Rothsay School Menu

October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Yogurt Parfaits or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Muffin/Cheese or Burrito Lunch Sub Sandwich, Hashbrown, Lettuce, Fruit, Milk
4 Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Bagel with Cream Cheese Lunch Chicken Fajita, Black Beans, Carrots, Fruit, Milk	5 Breakfast Long John/Cheese Stick or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Pancakes or Waffles Lunch Riblet Sandwich, Fries, Lettuce, Fruit, Milk	6 Breakfast Cheese Omlette or Cereal, Toast, Fruit, Juice, Milk 2nd Bkfst for High School Parfait or Egg Sandwich Lunch Chicken Alfredo, Garlic Toast, Cooked Broccoli, Fruit, Milk	7 Breakfast Blueberry/Banana Muffin, Cheese Stick or Oatmeal bar, Fruit, Juice, Milk 2nd Bkfst for High School Tornado Lunch Hamburger Gravy w/ Mashed Potatoes, Corn, Roll, Fruit, Milk	8 Breakfast Bagel w/Cream Cheese or Cereal/Cheese Stick, Fruit, Juice, Milk 2nd Bkfst for High School Muffin/Cheese or Burrito Lunch Pizza, Coleslaw, Carrots, Fruit, Milk
11 Breakfast Banana Bread or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Bagel with Cream Cheese Lunch Meatballs w/ Gravy, Mashed Potatoes, Corn, Fruit, Milk	12 Breakfast Yogurt Parfaits or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Pancakes or Waffles Lunch Hot Dog on Bun, Baked Beans, Broccoli, Fruit, Milk	13 Breakfast Cereal or Muffin, Cheese stick, Fruit, Juice, Milk 2nd Bkfst for High School Parfait or Egg Sandwich Lunch Chili, Pretzel, Carrots, Fruit, Milk	14 Breakfast Mini French Toast or Cereal/Toast, Fruit, Juice, Milk 2nd Bkfst for High School Tornado Lunch French Toast, Sausage, Hashbrown, Broccoli, Fruit, Milk	15 Breakfast Breakfast Pizza or Muffin/Cheese Stick, Fruit, Juice, Milk 2nd Bkfst for High School Muffin/Cheese or Burrito Lunch Quesadilla, Salad, Carrots, Fruit, Milk
18 Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Bagel with Cream Cheese Lunch Italian Dunker, Meat Sauce, Salad, Carrots, Fruit, Milk	19 Breakfast Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk 2nd Bkfst for High School Pancakes or Waffles Lunch Pizza Boat, Fruit, Corn, Carrots/Broccoli, Milk	20 Breakfast Cinnamon Roll or Cereal, Cheese Stick, Fruit, Juice, Milk 2nd Bkfst for High School Parfait or Egg Sandwich Lunch Pulled Pork Sandwich, Fruit, Baked Beans, Coleslaw, Milk	21 NO School! 	22 NO School! 
25 Breakfast Breakfast Pizza or Muffin/Cheese stick, Fruit, Juice, Milk 2nd Bkfst for High School Bagel with Cream Cheese Lunch Chicken Fried Rice Bowl, Fruit, Romaine Salad, Bread, Milk	26 Breakfast Long John or Oatmeal Bar, Fruit, Juice, Milk 2nd Bkfst for High School Pancakes or Waffles Lunch Tater Tot Hotdish, Fruit, Corn, Bread, Cookie, Milk	27 Breakfast Waffles or Muffin/Cheese Stick, Fruit, Juice, Milk 2nd Bkfst for High School Parfait or Egg Sandwich Lunch Fiestadas, Fruit, Broccoli/Carrots, Romaine Salad, Milk	28 Breakfast Mini Donuts or Cereal, Cheese Stick, Fruit, Juice, Milk 2nd Bkfst for High School Tornado Lunch Chicken Gravy w/Mashed Potatoes, Fruit, Green Beans, Bread, Milk	29 Breakfast Egg/Cheese Sandwich or Cereal/Toast, Fruit, Juice, Milk 2nd Bkfst for High School Muffin/Cheese or Burrito Lunch Sloppy Joe, Baked Chips, Fruit, Baked Beans, Carrots, Milk
***Alternative to Main Entree is PB&J Sandwich (M, W, F) & Deli Sandwich (T, Th) All grades served assorted Fruit and Veggie bar daily. 2nd Chance Bkfst includes choice of Fruit, Juice & Milk daily Menu is subject to change as needed without notice. <small>This institution is an equal opportunity provider.</small>				