

# Rothsay School Menu

## SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
<b>No School Labor Day</b>	<b>First day of school!</b> <b>Breakfast</b> Long John or Oatmeal Bar, Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Pancakes or Waffles & Juice <b>Lunch</b> Pizza Boat, Fruit, Carrots/Broccoli, Milk	<b>Breakfast</b> Cheese Omlette or Cereal, Toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Parfait or Egg Sandwich & Juice <b>Lunch</b> Tiger Taco, Fruit, Refried Beans, Milk	<b>Breakfast</b> Blueberry/Banana Muffin or Oatmeal bar, Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Tornado & Juice <b>Lunch</b> Chicken Strips, Mashed Potatoes w/Gravy, Fruit, Green Beans, Bread, Milk	<b>Breakfast</b> Bagel w/Cream Cheese or Cereal/Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Muffin/Cheese or Burrito & Juice <b>Lunch</b> Pulled Pork Sandwich, Fruit, Baked Beans, Coleslaw, Milk
13	14	15	16	17
<b>Breakfast</b> Banana Bread or Oatmeal Bar, Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Bagel Cream Cheese & Juice <b>Lunch</b> Orange Chicken, Rice, Fruit, Romaine Salad, Bread, Milk	<b>Breakfast</b> Yogurt Parfaits or Cereal/toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Pancakes or Waffles & Juice <b>Lunch</b> Tater Tot Hotdish, Fruit, Corn, Bread, Cookie, Milk	<b>Breakfast</b> Breakfast Burrito or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Parfait or Egg Sandwich & Juice <b>Lunch</b> Chicken Gravy w/Mashed Potatoes, Fruit, Green Beans, Bread, Milk	<b>Breakfast</b> Mini French Toast or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Tornado & Juice <b>Lunch</b> Fiestadas, Fruit, Broccoli/Carrots, Romaine Salad, Milk	<b>Breakfast</b> Breakfast Pizza or Muffin/Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Muffin/Cheese or Burrito & Juice <b>Lunch</b> Sloppy Joe, Baked Chips, Fruit, Baked Beans, Carrots, Milk
20	21	22	23	24
<b>Breakfast</b> Pancakes or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Bagel Cream Cheese & Juice <b>Lunch</b> Spaghetti Hotdish, Bread, Romaine Salad, Corn, Milk	<b>Breakfast</b> Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Pancakes or Waffles & Juice <b>Lunch</b> Crisпитos, Hashbrown, Fruit, Carrots, Milk	<b>Breakfast</b> Egg Patty or Cereal, Toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Parfait or Egg Sandwich & Juice <b>Lunch</b> Corn Dog, Potato Smiles, Fruit, Baked Beans, Milk	<b>Breakfast</b> Biscuits n Gravy or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Tornado & Juice <b>Lunch</b> Chicken Patty on Bun, Fruit, Green Beans, Milk	<b>Breakfast</b> Cinnamon Roll or Oatmeal Bar, Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Muffin/Cheese or Burrito & Juice <b>Lunch</b> Quesadilla, Coleslaw, Fruit, Broccoli, Milk
27	28	29	30	
<b>Breakfast</b> Breakfast Pizza or Muffin/Cheese stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Bagel Cream Cheese & Juice <b>Lunch</b> Hamburgers, Fries, Fruit, Broccoli, Milk	<b>Breakfast</b> Long John or Breakfast Bar, Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Pancakes or Waffles & Juice <b>Lunch</b> Shrimp Poppers, Mac & Cheese, Fruit, Romaine Salad, Carrots, Milk	<b>Breakfast</b> Waffles or Muffin/Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Parfait or Egg Sandwich & Juice <b>Lunch</b> Chicken Nuggets, Mashed Potatoes, Gravy, Fruit, Corn, Bread, Milk	<b>Breakfast</b> Mini Donuts or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for High School</b> Tornado & Juice <b>Lunch</b> Nacho Cheese Plate, Fruit, Black Beans, Broccoli, Milk	
<p>***Alternative to main entree is a cold sandwich that is available to all grades. (New this year!)</p> <p>Grades 7-12 served Fruit and Veaovie Bar Dailu.                      Menu is subject to change as needed without notice.</p> <p>This institution is an equal opportunity provider.</p>				