

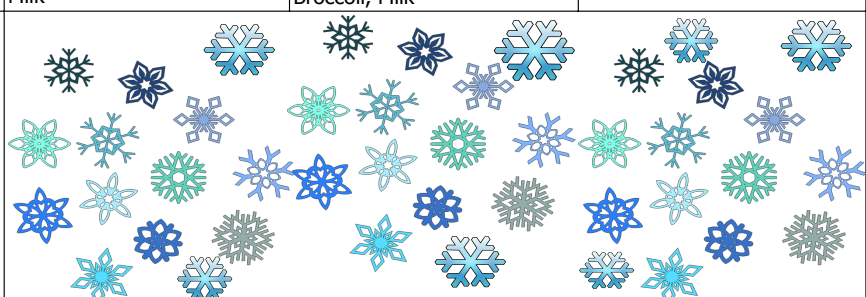


Rothsay School Menu

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2  <p>No School</p>	3 <p>Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito or Donut</p> <p>Lunch Stuffed Crust Pizza, Coleslaw, Carrots, Broccoli, Fruit, Milk</p>	4 <p>Breakfast Long John or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Bagel Breakfast Pizza</p> <p>Lunch Spaghetti Hotdish, Fruit, Breadstick, Romaine Salad, Broccoli, Milk</p>	5 <p>Breakfast Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Hamburger Gravy w/Mashed Potatoes, Fruit, Corn, Bun, Milk</p>	6 <p>Breakfast Muffin or Oatmeal bar, Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Cinnamon Roll</p> <p>Lunch Sloppy Joe, Baked Chips, Fruit, Baked Beans, Carrots, Milk</p>
9 <p>Breakfast Banana/Pumpkin Bread or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Breakfast Pizza</p> <p>Lunch Meatball Sub Sandwich with marinara sauce, Fruit, Romaine Salad, Milk</p>	10 <p>Breakfast Mini Donuts or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito or Donut</p> <p>Lunch French Toast, Sausage, Hashbrown, Broccoli, Fruit, Milk</p>	11 <p>Breakfast Yogurt Bar or Cereal/Cheese stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Bagel Breakfast Pizza</p> <p>Lunch Chili, Pretzel, Carrots, Broccoli, Fruit, Milk</p>	12 <p>Breakfast Waffles or Breakfast Bars, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Orange Chicken, Rice, Fruit, Romaine Salad, Milk</p>	13 <p>Breakfast Breakfast Pizza or Muffin/Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Long John</p> <p>Lunch Quesadilla, Romaine Salad, Carrots, Fruit, Milk</p>
16 <p>Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Breakfast Pizza</p> <p>Lunch Mini Corn Dogs, Potato Smiles, Romaine Salad, Fruit, Milk</p>	17 <p>Breakfast Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito or Donut</p> <p>Lunch Pulled Pork Sandwich, Fruit, Baked Potato, Coleslaw, Milk</p>	18 <p>Breakfast Oatmeal or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Bagel Breakfast Pizza</p> <p>Lunch Tiger Taco, Fruit, Refried/Black Beans, Crackers, Milk</p>	19 <p>Breakfast Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Chicken Strips, Mashed Potatoes w/Gravy, Fruit, Green Beans, Milk 6-12 Dinner Roll</p>	20 <p>Breakfast Cinnamon Roll or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Cinnamon Roll</p> <p>Lunch Pepperoni Pizza Boat, Fruit, Carrots/Broccoli, Romaine Salad, Milk</p>
23  <p>No School</p>	24 <p>Breakfast Long John or Breakfast Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito or Donut</p> <p>Lunch Chicken Breast, Au Gratin Potatoes, Breadsticks, Green Beans, Fruit, Milk</p>	25 <p>Breakfast Waffles or Muffin/Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Bagel Breakfast Pizza</p> <p>Lunch Tater Tot Hotdish, Fruit, Corn, Dinner Roll, Cookie, Milk</p>	26 <p>Breakfast Stuffed Hashbrown or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Soft Shell Beef Taco, Refried/Black Beans, Fruit, Broccoli, Milk</p>	27 <p>Breakfast Yogurt Bar or Cereal/Cheese stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Long John</p> <p>Lunch Fiestada Pizza, Fruit, Broccoli, Carrots, Romaine Salad, Milk</p>
30 <p>Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Breakfast Pizza</p> <p>Lunch Chicken Alfredo, Breadstick, Cooked Broccoli, Fruit, Milk</p>	31 <p>Breakfast Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito or Donut</p> <p>Lunch Crispitos, Romaine Salad, Corn, Fruit, Milk</p>			
<p>**Alternative to Main Entree is PB&J Sandwich (M & F), Stuffed Breadstick w/sauce (T), Pizza Sub (W), Deli Sandwich (TH)</p> <p>All grades served assorted Fruits and Veggies daily. Condiments are served.</p> <p>2nd Chance Bkfst also includes choice of Breakfast Bars, Fruit, Juice & 1% or Skim Milk daily</p> <p>Milk choices: Breakfast: 8oz fat free or 1% white milk. Lunch: 8oz fat free or 1% white or fat free chocolate milk</p> <p>Menu is subject to change as needed without notice.</p> <p>This institution is an equal opportunity provider.</p>				