






*Rothsay School Menu*  
**MARCH 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Breakfast</b> Long John or Oatmeal Bar, Fruit, Juice, Milk  <b>2nd Bkfst for grades 7-12</b> Bagel Breakfast Pizza <b>Lunch</b> Tiger Taco, Fruit, Refried/Black Beans, Milk	<b>2</b> <b>Breakfast</b> Muffin or Oatmeal bar, Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Tornado <b>Lunch</b> Chicken Strips, Mashed Potatoes w/Gravy, Fruit, Green Beans, Milk 6-12 Dinner Roll	<b>3</b> <b>Breakfast</b> Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Long John <b>Lunch</b> Pepperoni Pizza Boat, Fruit, Carrots/Broccoli, Romaine Salad, Milk
<b>6</b> <b>Breakfast</b> Banana/Pumpkin Bread or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Breakfast Pizza <b>Lunch</b> Orange Chicken, Rice, Fruit, Romaine Salad, Milk	<b>7</b> <b>Breakfast</b> Mini Donuts or Breakfast Bars, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Burrito or Donut <b>Lunch</b> Soft Shell Beef Taco, Refried/Black Beans, Fruit, Broccoli, Milk	<b>8</b> <b>Breakfast</b> Yogurt Bar or Cereal/Cheese stick, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Bagel Breakfast Pizza <b>Lunch</b> Tater Tot Hotdish, Fruit, Corn, Dinner Roll, Cookie, Milk	<b>9</b> <b>Breakfast</b> Waffles or Breakfast Bars, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Tornado <b>Lunch</b> Chicken Breast, Breadsticks, Au Gratin Potatoes, Green Beans, Fruit, Milk	<b>10</b> <b>Breakfast</b> Breakfast Pizza or Muffin/Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Long John <b>Lunch</b> Fiestada Pizza, Fruit, Broccoli, Carrots, Romaine Salad, Milk
<b>13</b> <b>Breakfast</b> Pancakes or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Breakfast Pizza <b>Lunch</b> Chicken Alfredo, Breadstick, Cooked Broccoli, Fruit, Milk	<b>14</b> <b>Breakfast</b> Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Burrito or Donut <b>Lunch</b> Hamburger on bun, Fries, Carrots, Broccoli, Fruit, Milk	<b>15</b> <b>Breakfast</b> Oatmeal or Cereal, Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Bagel Breakfast Pizza <b>Lunch</b> Nacho Cheese Plate, Fruit, Refried/Black Beans, Carrots, Milk 6-12 Breadstick	<b>16</b> <b>Breakfast</b> Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Tornado <b>Lunch</b> Chicken Patty on Bun, Fruit, Green Beans, Baked Potato, Milk 9-12 Fried Rice	<b>17</b>  <b>Breakfast</b>  Cinnamon Roll or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Long John <b>Lunch</b> Hot Dog in bun, Baked Beans, Carrots, Broccoli, Fruit, Milk
<b>20</b> <b>Breakfast</b> Breakfast Pizza or Breakfast Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Breakfast Pizza <b>Lunch</b> Crisпитos, Romaine Salad, Corn, Fruit, Milk	<b>21</b> <b>Breakfast</b> Stuffed Hashbrown or Cereal, Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Burrito or Donut <b>Lunch</b> Chicken Nuggets, Mashed Potatoes, Gravy, Corn, Fruit, Milk 6-12 Dinner Roll	<b>22</b> <b>Breakfast</b> Waffles or Muffin/Cheese Stick, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Bagel Breakfast Pizza <b>Lunch</b> Corn Dog, Fruit, Coleslaw, Baked Beans, Milk	<b>23</b> <b>Breakfast</b> Long John or Breakfast Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Tornado <b>Lunch</b> Shrimp Poppers, Potato Smiles, Fruit, Milk 6-12 Cookie	<b>24</b> <b>Breakfast</b> Yogurt Bar or Cereal/Cheese stick, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Long John <b>Lunch</b> Garlic Cheese Boat, Marinara Sauce, Carrots, Romaine Salad, Broccoli, Fruit, Milk
<b>27</b> <b>NO SCHOOL!</b> 	<b>28</b> <b>Breakfast</b> Pancakes or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Burrito or Donut <b>Lunch</b> Spaghetti Hotdish, Breadstick, Romaine Salad, Broccoli, Milk	<b>29</b> <b>Breakfast</b> Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Biscuits and Gravy <b>Lunch</b> Sloppy Joe, Baked Chips, Fruit, Baked Beans, Carrots, Milk	<b>30</b> <b>Breakfast</b> Long John or Oatmeal Bar, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Tornado <b>Lunch</b> Meatball Sub in marinara sauce, Fruit, Romaine Salad, Milk	<b>31</b> <b>Breakfast</b> Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk <b>2nd Bkfst for grades 7-12</b> Long John <b>Lunch</b> Pizza, Coleslaw, Carrots, Fruit, Milk
<b>**Alternative to Main Entree is PB&amp;J Sandwich (M &amp; F), Stuffed Breadstick w/sauce (T), Pizza Sub (W), Deli Sandwich (TH)</b> All grades served assorted Fruits and Veggies daily. Condiments are served. 2nd Chance Bkfst also includes choice of Breakfast Bars, Fruit, Juice & 1% or Skim Milk daily Milk choices: Breakfast: 8oz fat free or 1% white milk. Lunch: 8oz fat free or 1% white or fat free chocolate milk <b>Menu is subject to change as needed without notice.</b> This institution is an equal opportunity provider.				