

Rothsay School Menu

NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Breakfast Long John or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito</p> <p>Lunch Crispitos, Romaine Salad, Corn, Fruit, Milk</p>	<p>2</p> <p>Breakfast Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Egg Sandwich</p> <p>Lunch Shrimp Poppers, Potato Smiles, Fruit, Milk 6-12 Cookie</p>	<p>3</p> <p>Breakfast Muffin or Oatmeal bar, Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Chicken Patty on Bun, Fruit, Green Beans, Baked Potato, Milk 9-12 Fried Rice</p>	<p>4</p> <p>Breakfast Cream Cheese Bagel or Cereal/Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Long John</p> <p>Lunch Corn Dog, Fruit, Coleslaw, Baked Beans, Milk</p>
<p>7</p> 	<p>8</p> <p>Breakfast Banana/Pumpkin Bread or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito</p> <p>Lunch Hamburger on bun, Fries, Carrots, Broccoli, Fruit, Milk</p>	<p>9</p> <p>Breakfast Mini Donuts or Cereal/Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Egg Sandwich</p> <p>Lunch Hot Dog in bun, Baked Beans, Romaine Salad, Fruit, Milk</p>	<p>10</p> <p>Breakfast Yogurt Bar or Cereal/Cheese stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Nacho Cheese Plate, Fruit, Refried/Black Beans, Carrots, Milk 6-12 Breadstick</p>	<p>11</p> <p>Breakfast Waffles or Breakfast Bars, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Long John</p> <p>Lunch Garlic Cheese Boat, Marinara Sauce, Green Beans, Broccoli, Fruit, Milk</p>
<p>14</p> <p>Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Cream Cheese Bagel or Donut</p> <p>Lunch Soft Shell Chicken Taco, Refried/Black Beans, Fruit, Carrots, Milk</p>	<p>15</p> <p>Breakfast Cream Cheese Bagels or Cereal/Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito</p> <p>Lunch Spaghetti Hotdish, Breadstick, Romaine Salad, Broccoli, Milk</p>	<p>16</p> <p>Breakfast Oatmeal or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Egg Sandwich</p> <p>Lunch Sloppy Joe, Baked Chips, Fruit, Baked Beans, Carrots, Milk</p>	<p>17</p> <p>Breakfast Cheese Omelet or Cereal, Toast, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Chicken Gravy w/Mashed Potatoes, Fruit, Corn, Bun, Milk</p>	<p>18</p> <p>Breakfast Cinnamon Roll or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Long John</p> <p>Lunch Pizza, Coleslaw, Carrots, Fruit, Milk</p>
<p>21</p> <p>Breakfast Waffles or Muffin/Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Cream Cheese Bagel or Donut</p> <p>Lunch French Toast, Sausage, Hashbrown, Broccoli, Fruit, Milk</p>	<p>22</p> <p>Breakfast Long John or Breakfast Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Tornado</p> <p>Lunch Sweet and Sour Chicken, Rice, Fruit, Romaine Salad, Milk</p>	<p>23</p> 	<p>24</p> 	<p>25</p>
<p>28</p> <p>Breakfast Pancakes or Oatmeal Bar, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Cream Cheese Bagel or Donut</p> <p>Lunch Mini Corn Dogs, Potato Smiles, Romaine Salad, Fruit, Milk</p>	<p>29</p> <p>Breakfast Muffin or Oatmeal bar, Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Burrito</p> <p>Lunch Pizza Boat, Fruit, Carrots/Broccoli, Romaine Salad, Milk</p>	<p>30</p> <p>Breakfast Cream Cheese Bagel or Cereal/Cheese Stick, Fruit, Juice, Milk</p> <p>2nd Bkfst for grades 7-12 Egg Sandwich</p> <p>Lunch Tiger Taco, Fruit, Refried/Black Beans, Crackers, Milk</p>		
<p>Alternative to Main Entree is PB&J Sandwich (M & F), Deli Sandwich (T), Pizza Sub (W), Deli Wrap (TH) All grades served assorted Fruit and Veggie bar daily. 2nd Chance Bkfst includes choice of Breakfast Bars, Fruit, Juice & Milk daily</p> <p>Menu is subject to change as needed without notice. This institution is an equal opportunity provider.</p>				