

SEPTEMBER 2023

ROCK POINT COMMUNITY SCHOOL

BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 RICE & RAISIN PUDDING BOILED EGG FRESH APPLES MILK ***** BEEF ENCHILADAS CILANTRO RICE REFRIED BEANS CORN ON COB WATERMELON MILK WEEK4
4 LABOR DAY HOLIDAY	5 CINNAMIN ROLLS COTTAGE CHEESE PEACHES SLICES MILK ***** HAM SLICE YAM W/PINEAPPLE CORNBREAD FRESH APPLE MILK	6 OATMEAL MUFFINS YOGURT FRESH BANANAS MILK ***** SPAGHETTI W/MEATSAUCE STEAMED BROCCOLI PEACHES SLICES MILK	7 TURKEY HAM&CHEESE SANDWICH PEACHES SLICES FREASH GRAPES MILK ***** BUFFALO CHICKEN WRAP STEAMED CORN KERNAL MELON CUTS MILK	8 PANCAKE ON A STICK SYRUP FRESH ORANGE CUTS MILK ***** CHICKEN CAESAR SALAD BREAD STICKS DRIED CRANRAISINS MILK WEEK5
11 PROFESSIONAL DEVELOPMENT NO SCHOOL	12 BLUE CORN MUSH SAUSAGE PATTY TOAST W/JELLY MIXED BERRIES MILK ***** CHICKEN BOWL WATERMELON CUTS MILK	13 BAGEL CREAM CHEES FRUIT COCKTAIL CUPS MILK ***** MACARONI CHEESE STEAMED BROCCOLI FRESH STRAWBERRIES MILK	14 BREAKFAST PIZZA JUICE MANGOS CUPS MILK ***** CHEESEBURGERS SEASONED FRIES FRESH CARROTS FRESH APPLES MILK	15 CREAM OF WHEAT TOAST W/JELLY FRESH ORANGES MILK ***** BAKED CHICKEN STEAMED RICE GRAVY MIXED VEGETABLES FRUIT ROLL-UP MILK WEEK6
18 WAFFLES SYRUP SAUSAGE PATTY JUICE MILK ***** GRILLED CHEESE MINESTRONE SOUP FRESH PEARS MILK	19 BREAKFAST BURRITO SALSA FRESH APLLES MILK ***** RED PORK POSOLE FLAT BREAD MELON CUTS MILK	20 BLUE CORN MUSH BOILED EGG JUICE MILK ***** CHICKEN TACOS SALSA PINTO BEANS CORN ON COB JELLO MILK	21 SCRAMBLED EGGS TOAST JELLY FRESH ORANGE CUTS MILK ***** MANDARIN ORANGE CHICKEN STEAMED RICE STEAMED CARROTS PINEAPPLE TIBLETS MILK	22 MUFFIN YOGURT FRESH ORANGE CUTS MILK ***** PIZZA SALAD W/RANCH CANTALOUPE CUTS MILK WEEK1
25 LATE START BREAKFAST TACOS SALSA MIXED BERRIES MILK ***** NATIVE TACO W/ FRYBREAD SALSA FRESH APPLES MILK	26 APPLE FRUDELS FRESH GRAPES MILK ***** PULLED BBQ TURKEY CARROT & RAISIN SLAW POTATO CHIPS FRESH FRUIT MILK	27 YOGURT PARFAIT HONEY GRAHAM CANTALOUPE MILK ***** BEEF SHEPARD PIE DINNER ROLL STRAWBERRY & BANANA MILK	28 CINNAMIN ROLLS HARD BOILED EGG FRESH APPLE CUTS MILK ***** CHICKEN NUGGETS KETCHUP POTATO BARRELS FRESH CARROTS FRESH ORANGES MILK	29 MUFFIN YOGURT SLEEVES JUICE MILK ***** PIZZA CALZONES ROMAINE SALAD RANCH FRESH GRAPES MILK WEEK2

THIS INSTITUTION IS AN EQUAL PROVIDER ~~~~~ MENU MAY CHANGE DUE TO WEEKLY
AVAILABILITIES IN DELIVERIES