



December 4 - 8

Classic Menu

Rochdale Early Advantage Charter
School

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Corn Flakes Cereal Oranges	Egg & Sausage Sandwich WG Honeydew 1% & Fat Free Milk	Strawberry Bread WG Cantaloupe 1% & Fat Free Milk	Mixed Berry Yogurt Crunchy Granola WG Watermelon 1% & Fat Free Milk	Blueberry Bagels WG Butter Apples 1% & Fat Free Milk
	Puttanesca Pasta w/ Mozzarella Roasted Carrots Roasted Broccoli Oranges 1% & Fat Free Milk	Bulgogi Inspired Bowl Seasoned Rice WG Sliced Cucumbers Shredded Carrots Oranges 1% & Fat Free Milk	Chicken Fiesta Salad WG Roll/ Corn Croutons Romaine Lettuce Bean Medley Watermelon 1% & Fat Free Milk	Turkey Cheeseburger WG Roll Potato Wedges Tomatoes & Lettuce Pears 1% & Fat Free Milk	Chipotle Chicken Tacos WW Tortilla Black Bean salsa Roasted Corn Honeydew 1% & Fat Free Milk
LUNCH					
SNACK					



WG = Whole Grain

A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.

@myredrabbit

• help@myredrabbit.com

• myredrabbit.com