

ROLAND HIGH LUNCH

AUGUST 2010

MON	TUES	WED	THURS	FRI
			12. BREAKFAST: CEREAL BISCUITS, GRAVY JUICE, MILK LUNCH: BURGERS CHIPS SALAD BAR PUDDING CUPS MILK	13. BREAKFAST: PANCAKES CEREAL JUICE, MILK LUNCH: CHEF SALAD BAKED POTATOES BROCCOLI/CHEESE GARLIC TOAST SALAD BAR CAKE, MILK
16. BREAKFAST: B-FAST BARS TOAST, CEREAL JUICE, MILK LUNCH: PIZZA CORN SALAD BAR BROWNIES MILK	17. BREAKFAST: MUFFINS, YOGURT CEREAL JUICE, MILK LUNCH: BURGERS CHIPS SALAD BAR PUDDING CUPS MILK	18. BREAKFAST: BISCUITS, GRAVY CEREAL JUICE, MILK LUNCH: BEEF TIPS & RICE GREEN BEANS HOT ROLLS SALAD BAR CHILLED FRUIT MILK	19. BREAKFAST: SCRAMBLED EGGS TOAST, CEREAL JUICE, MILK LUNCH: FRITO CHILI PIE CORN SALAD BAR FRUIT MILK	20. BREAKFAST: FRENCH TOAST CEREAL JUICE, MILK LUNCH: CORN DOGS BAKED BEANS SALAD BAR ICE CREAM MILK
23. BREAKFAST: B-FAST BITES CEREAL JUICE, MILK LUNCH: TACO BOATS REFRIED BEANS MEX. RICE SALAD BAR CINN. APPLES, MILK	24. BREAKFAST: BISCUITS, GRAVY CEREAL JUICE, MILK LUNCH: SPAGHETTI GREEN BEANS GARLIC STIX SALAD BAR JELLO, MILK	25. BREAKFAST: CHEESE OMLETS TOAST, CEREAL JUICE, MILK LUNCH: TERRIYAKI CHIX SANDWICH, CHIPS SALAD BAR MELONS MILK	26. BREAKFAST: CINNAMON ROLLS CEREAL JUICE, MILK LUNCH: CHILI-CHEESE DOG CHIPS SALAD BAR COOKIES MILK	27. BREAKFAST: WAFFLES, FRUIT CEREAL JUICE, MILK LUNCH: BAKED FISH AU-GRATIN POT'S PEAS, HUSHPUPIES SALAD BAR CHERRY CRISP MILK
30. BREAKFAST: CREAMED BEEF ON TOAST, CEREAL JUICE, MILK LUNCH: B-B-Q ON BUN BAKED BEANS CHIPS SALAD BAR FRUIT, MILK	31. BREAKFAST: B-FAST PIZZA CEREAL JUICE, MILK LUNCH: MAC & CHEESE LITTLE SMOKIES GREEN BEANS SALAD BAR FRUIT, MILK			

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