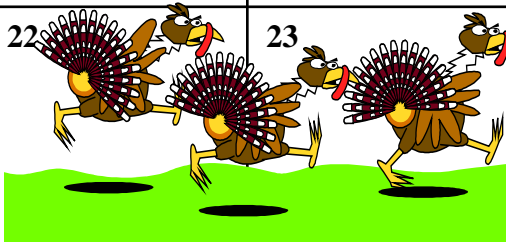
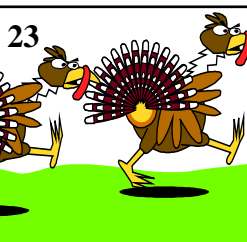
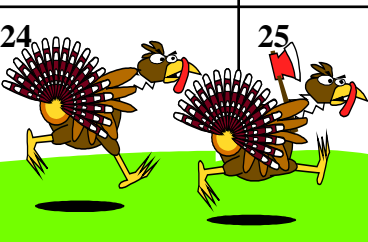



November 2011

Roland Elementary Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | 1 Breakfast Bagel Cereal, Juice, Milk ----- Chopped Steak, Rolls Potatoes, Fruit, Milk Salad bar | 2 Eggs, Toast, Cereal Juice, Milk ----- Bread Pork Chop Mac/Cheese, Veggie Spiced Apples, Milk Salad bar | 3 Cinnamon Toast Ham, Cereal, Juice, Milk----- Fish sticks, Peas Hushpuppies Corn n Cob, Milk Salad bar | 4 Pancake on stick Cereal, Juice, Milk ----- Chicken sand. Fries, Carrot Cake Bar, Milk |
| 7 Chocolate Gravy Biscuit, Cereal, Juice Milk----- Chicken Strips, Potato Biscuit, Fruit, Gravy Milk, Salad bar | 8 Breakfast Burrito Cereal, Milk, Juice ----- Baked Ham, Roll Broccoli/Cheese, Milk Sweet Potatoes, Salad | 9 Egg/Cheese/Biscuit Cereal, Juice, Milk ----- Chili, Crackers, Corn Milk, Cookies, Salad bar | 10 Pancakes, Bacon Cereal, Juice, Milk ----- Meat Balls, Noodles Bread stix, G.Beans Salad bar | 11 Oatmeal, Toast Cereal, Juice, Milk ----- Hot Dogs, Fries Cake, Milk, Fruit Hot Dog Bar |
| 14 Biscuit, Gravy Cereal, Juice, Milk ----- Mini Quesadillas Beans, Fruit, Milk Salad bar | 15 Muffins, Yogurt Cereal, Juice, Milk ----- Corn Dogs, Baked Beans, Fruit, Milk Salad bar | 16 Sausage Biscuit Cereal, Juice, Milk ----- Cheese Burger Chips, Fruit, Pickles Bar, Milk | 17 Sausage Roll Cereal, Milk, Juice ----- Pizza Pockets Corn, Fruit, Milk Salad bar | 18 Cereal, Milk, Juice Pop Tarts----- Turkey n Dressing G.Beans, Potatoes Rolls, Pie, Milk, Salad |
| 22  | 23  | 24  | 25  | |
| 28 Biscuit, Gravy Cereal, Juice, Milk ----- Grilled Cheese, Soup Brownies, Fruit, Milk Salad bar | 29 Muffins, Yogurt Cereal, Juice, Milk ----- Taco, Refried Beans Jell-O, Milk Taco bar | 30 Eggs, Toast, Milk Potatoes, Cereal, Juice ----- Rib sand, Fries Apple Crisp, Milk Salad bar | | |