



## Red Lake Falls School September 2021 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
ISD #630 is an Equal Opportunity Provider and Employer				
6	7 Breakfast Pizza Juice Fruit	8 Long John Yogurt or Greek Yogurt Juice Fruit	9 Waffles w/Syrup Hashed Browned Egg Juice Fruit	10 Cereal Milk Juice Fruit
13	14 Pumpkin or Banana Bread Yogurt or Greek Yogurt Juice Fruit	15 Biscuits and Sausage Gravy Juice Fruit	16 Pancake w/Syrup Hashed Browned Egg Juice Fruit	17 Toast Cereal Juice Fruit
20	21 Mini Pancake (K-6) Pancake (7-12) Yogurt or Greek Yogurt Juice Fruit	22 Breakfast Pizza Juice Fruit	23 French Toast w/Syrup Sausage Juice Fruit	24 Mini Bagel Cereal Juice Fruit
27	28 Yogurt Parfait Juice Fruit	29 Fruit Cereal Juice Fruit	30 Waffle w/Syrup Sausage Juice Fruit	All meals are served with milk. Meals are subject to change.

## Red Lake Falls School September 2021 Lunch Menu

Mon	Tue	Wed	Thu	Fri
ISD #630 is an Equal Opportunity Provider and Employer				
6	7 Chicken Patty on Bun Baked Beans Fresh Vegetable Fruit Choice	8 Meat, Chop Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	9 Chicken Alfredo over Noodles Breakfast Fresh Vegetables Fruit Choice	10 Italian Dishes Marinara Sauce Fresh Vegetables Fruit Choice
13	14 Grilled Cheese Cottage Cheese Sauce Fresh Vegetables Fruit Choice	15 Meatballs Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	16 Hot Dog on Bun Hashed Browned Egg Breakfast Fresh Vegetables Fruit Choice	17 Pizza Cereal Fresh Vegetables Fruit Choice Sherbet Cup
20	21 Soft Shell Taco Baked Beans Fresh Vegetables Fruit Choice	22 Chicken Nuggets Mashed Potatoes w/Gravy Fresh Vegetables Fruit Choice	23 Spaghetti/Hotdish Green Beans Garlic Sauce Fresh Vegetables Fruit Choice	24 Cheeseburger Oven Fries Fresh Vegetables Fruit Choice
27	28 Chicken Fajitas Fresh Vegetables Fruit Choice	29 Starchy Pie on Bun Baked Beans Fresh Vegetables Fruit Choice	30 Hamburger Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice	All meals are served with milk. Meals are subject to change.