

Red Lake Falls Schools January 2023 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
2 No School Menu subject to change upon Availability of product	3 Cereal Toast Fruit Juice	4 Breakfast Pizza Fruit Juice	5 Cheese Omelet Toast Fruit Juice	6 French Toast Sticks Yogurt Fruit Juice
9 Cereal Toast Fruit Juice	10 Pancakes Sausage Fruit Juice	11 Long John Hard Boiled Egg Fruit Juice	12 (HS) Biscuits and Gravy (EL) Breakfast Bagel Fruit Juice	13 1/2 Student Day Cereal Muffin Fruit Juice
16 No School	17 French Toast Sausage Fruit Juice	18 Cinnamon Roll Hard Boiled Egg Fruit Juice	19 Breakfast Pizza Fruit Juice	20 Waffles Ham Patty Fruit Juice
23 Cereal Toast Fruit Juice	24 Pancakes Sausage Fruit Juice	25 Egg, Sausage, Cheese Croissant Yogurt Fruit Juice	26 Cereal Bagel Fruit Juice	27 Long John Hard Boiled Egg Fruit Juice
30 Cereal Toast Fruit Juice	31 Long John Hard Boiled Egg Fruit Juice			

Red Lake Falls Schools January 2023 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>2 No School</p> <p>Menu Subject to change upon Availability Of Product</p>	<p>3</p> <p>Cheese Quesadilla Salsa/Sour Cream Fresh Vegetables Fruit Choice</p>	<p>4</p> <p>Sloppy Joes on a Bun Baked Beans Baked Chips Fresh Vegetables Fruit Choice</p>	<p>5</p> <p>Orange Chicken (HS) Egg Roll (EL) Corn Dinner Roll Fresh Vegetables / Fruit Choice</p>	<p>6</p> <p>Hamburger Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice</p>
<p>9</p> <p>Nacho's Salsa/Sour Cream Fresh Vegetables Fruit Choice</p>	<p>10</p> <p>Chicken Alfredo Garlic Toast Fresh Vegetables Fruit Choice</p>	<p>11</p> <p>Meatballs Mashed Potatoes/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>12</p> <p>Hotdog on a Bun Baked Beans Baked Chips Fresh Vegetables Fruit Choice</p>	<p>13 1/2 Student Day</p> <p>Pizza Green Beans Fresh Vegetables Fruit Choice</p>
<p>16 No School</p>	<p>17</p> <p>Italian Dunkers Marinara Sauce Fresh Vegetables Fruit Choice</p>	<p>18</p> <p>Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>19</p> <p>Cheeseburger on a Bun Baked Beans Fresh Vegetables Fruit Choice</p>	<p>20</p> <p>Tater Tot Hotdish Green Beans Dinner Roll Fresh Vegetables Fruit Choice</p>
<p>23</p> <p>Chicken Fajita's Fresh Vegetables Fruit Choice</p>	<p>24</p> <p>Grilled Cheese Tomato Soup Crackers Fresh Vegetables Fruit Choice</p>	<p>25</p> <p>Hot Ham and Cheese on a Bun Baked Beans Fresh Vegetables Fruit Choice</p>	<p>26</p> <p>Spaghetti Hotdish Garlic Toast Fresh Vegetables Fruit Choice</p>	<p>27</p> <p>Chicken Strips Green Beans Dinner Roll Fresh Vegetables Fruit Choice</p>
<p>30</p> <p>Hamburger Gravy Mashed Potatoes/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>31</p> <p>Pulled Pork on a Bun Baked Beans Fresh Vegetables Fruit Choice</p>			