

# Red Lake Falls Schools October 2024 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
<p>All meals are serviced with milk. Menu subject to change.</p> <p>ISD #630 is an Equal Opportunity Provider and Employer</p>	<p>1 Scrambled Eggs Sausage Toast Juice Milk</p>	<p>2 Pancake Wrap Juice Fruit</p>	<p>3 Mini Donut Hard Boiled Egg Juice Fruit</p>	<p>4 Cereal Toast Juice Fruit</p>
<p>7 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit</p>	<p>8 Breakfast Pizza Juice Fruit</p>	<p>9 1/2 Student Day Cheese Omelet Toast Juice Fruit</p>	<p>10 French Toast Syrup Yogurt Juice Fruit</p>	<p>11 Cereal Muffin Juice Fruit</p>
<p>14 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit</p>	<p>15 Mini Bagel (Elementary) Bagel w/Cream Cheese (HS) Juice Fruit</p>	<p>16 Long John Juice Fruit</p>	<p>17 No School</p>	<p>18 No School</p>
<p>21 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit</p>	<p>22 French Toast Sticks Hard Boiled Egg Juice Fruit</p>	<p>23 Breakfast Pizza Juice Fruit</p>	<p>24 Waffles Syrup Sausage Juice Fruit</p>	<p>25 Cinnamon Roll Juice Fruit</p>
<p>28 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit</p>	<p>29 Banana Bread Juice Fruit</p>	<p>30 Long John Juice Fruit</p>	<p>31 Pancakes Syrup Sausage Juice Fruit</p>	

# Red Lake Falls Schools October 2024 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>All meals are serviced with milk. Menu subject to change.</p> <p>ISD #630 is an Equal Opportunity Provider and Employer</p>	<p>1 Crispy Chicken Wrap Fresh Vegetables Fruit Choice</p>	<p>2 BBQ Riblet on Bun Green Beans Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>3 Popcorn Shrimp Cheese Stick Breadstick Fresh Vegetables Fruit Choice</p>	<p>4 Corndog Baked Beans Fresh Vegetables Fruit Choice</p>
<p>7 Hot Dog on a Bun Baked Beans Sunchips (7-12 only) Fresh Vegetables Fruit Choice</p>	<p>8 Chicken Alfredo Garlic Toast Fresh Vegetables Fruit Choice</p>	<p>9 1/2 Student Day Pizza (cheese) Green Beans Fresh Vegetables Fruit Choice</p>	<p>10 Nachos Fresh Vegetables Fruit Choice</p>	<p>11 Meatballs Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>
<p>14 Cheeseburger on Bun Baked Beans Fresh Vegetables Fruit Choice</p>	<p>15 Italian Dunkers Marinara Sauce Fresh Vegetables Fruit Choice</p>	<p>16 Fiestada Pizza Corn Fresh Vegetables Fruit Choice</p>	<p>17 No School</p>	<p>18 No School</p>
<p>21 Chicken Fajita Fresh Vegetables Salsa Sour Cream Fruit Choice</p>	<p>22 Salisbury Steak Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>23 Spaghetti Hotdish Garlic Toast Fresh Vegetables Fruit Choice</p>	<p>24 Chicken Macaroni Cheese Bowl Fresh Vegetables Fruit Choice</p>	<p>25 Sloppy Joe on Bun Baked Beans Baked Chips Fresh Vegetables Fruit Choice</p>
<p>28 Orange Chicken Egg Roll (7-12) Corn Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>29 Hamburger Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>30 Chicken Strips Baked Beans Rice Krispy Treat Fresh Vegetables Fruit Choice</p>	<p>31 Corn Chip Tacos Salsa Sour Crema Fresh Vegetables Fruit Choice</p>	