








Red Lake Falls Schools September 2023 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
ISD #630 is an equal opportunity provider and employer	All meals include milk			1 
4 No School– Labor Day	5 1st Day of School Pancake w/ Syrup Sausage Juice Fruit	6 Long John Juice Fruit	7 Yogurt Parfait Juice Fruit	8 Mini Bagel: Elementary Bagel w/ Cream Cheese : High School Juice Fruit
11 Cereal Toast Peanut Butter/Jelly Juice Fruit	12 French Toast Hard Boiled Egg Juice Fruit	13 Breakfast Pizza Juice Fruit	14 Waffles w/ Syrup Sausage Juice Fruit	15 Cinnamon Roll Juice Fruit
18 Cereal Toast Peanut Butter/Jelly Juice Fruit	19 Banana Bread Juice Fruit	20 Long John Juice Fruit	21 Pancake w/ Syrup Sausage Juice Fruit	22 Cereal Toast Juice Fruit
25 Cereal Toast Peanut Butter/Jelly Juice Fruit	26 Breakfast Burrito Juice Fruit	27 Pancake Wrap Juice Fruit	28 Mini Donuts Hard Boiled Egg Juice Fruit	29 Cereal Toast Juice Fruit

Red Lake Falls Schools September 2023 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>ISD #630 is an equal opportunity provider and employer</p>	<p>All meals include milk</p> 			<p>1</p> 
<p>4 No School Labor Day</p>	<p>5 1st Day of School Soft Shell Taco Salsa Fresh Vegetables Fruit Choice</p>	<p>6 Chicken Nuggets Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>7 Cheeseburger on Bun Baked Beans Fresh Vegetables Fruit Choice</p>	<p>8 Pizza Hotdish Garlic Toast Fresh Vegetables Fruit Choice</p>
<p>11 Chicken Fajita Salsa Fresh Vegetables Fruit Choice Sour Cream</p>	<p>12 Salisbury Steak Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>13 Spaghetti Hotdish Garlic toast Fresh Vegetables Fruit Choice</p>	<p>14 Hot Ham and Cheese Baked Beans Cheese Its Fresh Vegetable Fruit Choice</p>	<p>15 Sloppy Joe on a Bun Sun Chips Fresh Vegetables Fruit Choice</p>
<p>18 Cheese Quesadilla Fresh Vegetables Fruit Choice</p>	<p>19 Hamburger Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>20 Popcorn Chicken Baked Beans Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>21 Corn Chip Taco Salsa Sour Cream Fresh Vegetables Fruit Choice</p>	<p>22 Grilled Chicken/Bun Oven Fries Fresh Vegetables Fruit Choice</p>
<p>25 Pepperoni French Bread Pizza Corn Fresh Vegetables Fruit Choice</p>	<p>26 Crispy Chicken Wrap Fresh Vegetables Fruit Choice</p>	<p>27 Tater Tot Hotdish Green Beans Dinner Roll Fresh Vegetables Fruit Choice</p>	<p>28 Popcorn Shrimp Cottage Cheese Bread Stick Fresh Vegetables Fruit Choice</p>	<p>29 Corn Dog Baked Beans Fresh Vegetables Fruit Choice</p>