

Red Lake Falls Schools September 2025 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
1 No School	2 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	3 Cheese Omelet Toast Juice Fruit	4 French Toast Syrup Yogurt Juice Fruit	5 Cereal Muffin Juice Fruit
8 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	9 Pancakes Syrup Juice Fruit	10 Long John Hardboiled Egg Juice Fruit	11 Breakfast Croissant Juice Fruit	12 Cereal Toast Peanut Butter/Jelly Juice Fruit
15 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	16 French Toast Sticks Hardboiled Egg Juice Fruit	17 Breakfast Pizza Juice Fruit	18 Waffles Sausage Syrup Juice Fruit	19 Cinnamon Roll Juice Fruit
22 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	23 Pumpkin Bread Yogurt Juice Fruit	24 Long John Juice Fruit	25 Pancake Sausage Syrup Juice Fruit	26 Cereal Toast Peanut Butter/Jelly Juice Fruit
29 Cereal Yogurt Juice Fruit	30 Scrambled Eggs Sausage Toast Peanut Butter/Jelly Juice		All Meals are Served with Choice of Milk.	Meals are Subject to Change ISD #630 is an Equal Oppor- tunity Provider and Employer

Red Lake Falls Schools September 2025 Lunch Menu

Mon	Tue	Wed	Thu	Fri
1 No School	2 Hot Dog on Bun Baked Beans Rice Krispie Bar Fresh Vegetables Fruit Choice	3 Meatballs Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	4 Nachos Fresh Vegetables Fruit Choice	5 Pizza Cheesy Green Beans Fresh Vegetables Fruit Choice
8 Italian Dunkers Marinara Sauce Fresh Vegetables Fruit Choice	9 Sub Sandwich Baked Chips Fresh Vegetables Fruit Choice	10 Chicken Nuggets Scalloped Potatoes Dinner Roll Fresh Vegetables Fruit Choice	11 Cheeseburger on Bun Baked Beans Fresh Vegetables Fruit Choice	12 Mozzarella Pizza Sticks (whole grain) Corn Fresh Vegetables Fruit Choice
15 Chicken Fajitas Fresh Vegetables Salsa Sour Cream Fruit Choice	16 Salisbury Steak Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	17 Spaghetti Hotdish Garlic Toast Fresh Vegetables Fruit Choice	18 Boneless Drummies Augratin Potatoes Dinner Roll Fresh Vegetables Fruit Choice	19 Sloppy Joe on Bun Baked Beans Baked Chips Fresh Vegetables Fruit Choice
22 Orange Chicken Egg Roll (7-12) Corn Dinner Roll Fresh Vegetable Fruit Choice	23 Hamburger Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice	24 Chicken Strips Baked Beans Rice Krispie Treat Fresh Vegetables Fruit Choice	25 Corn Chip Tacos Salsa Sour Cream Fresh Vegetables Fruit Choice	26 Chicken Patty on Bun Oven Fries Fresh Vegetables Fruit Choice
29 Pepperoni French Bread Pizza Corn Fresh Vegetables Fruit Choice	30 Pork Riblet on a Bun Baked Beans Sunchips Fresh Vegetables Fruit Choice		All Meals are Served with Choice of Milk	Meals are Subject to Change ISD #630 is an Equal Oppor- tunity Provider and Employer