


# Red Lake Falls Schools October 2022 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
3 Cereal Toast Fruit Juice	4 Breakfast Pizza Fruit Juice	5 Cheese Omelet Toast Fruit Juice	6 Cereal Muffin Fruit Juice	7 French Toast Sticks Yogurt Fruit Juice
10 Cereal Toast Fruit Juice	11 Pancakes Sausage Fruit Juice	12 1/2 Student Day Long John Hard Boiled Egg Fruit Juice	13 Cereal Muffin Fruit Juice	14 Breakfast Pizza Fruit Juice
17 Cereal Toast Fruit Juice	18 French Toast Sausage Fruit Juice	19 Breakfast Pizza Fruit Juice	20 MEA No School	21 MEA No School
24 Cereal Toast Fruit Juice	25 Cheese Omelet Toast Fruit Juice	26 Long John Hard Boiled Egg Fruit Juice	27 Cereal Toast Fruit Juice	28 Pancakes Sausage Fruit Juice
31 Cereal Toast Fruit Juice				All Meals are Served With Milk ISD #630 is an Equal Opportunity Provider and Employer

# Red Lake Falls Schools October 2022 Lunch Menu

Mon	Tue	Wed	Thu	Fri
3 Pulled Pork on a Bun Oven Fries Fresh Vegetables Fruit Choice	4 Chicken Alfredo Garlic Toast Fresh Vegetables Fruit Choice	5 Meatballs Mashed Potatoes/Gravy Dinner Roll Fresh Vegetables Fruit Choice	6 Hot Dog on a Bun Baked Beans Baked Chips Fresh Vegetables Fruit Choice	7 Pizza Green Beans Fresh Vegetables Fruit Choice
10 Italian Dunkers Marinara Sauce Fresh Vegetables Fruit Choice	11 Soft Shell Taco's Salsa Fresh Vegetables Fruit Choice	12 1/2 Student Day Chicken Nuggets Baked Beans Dinner Roll Fresh Vegetables Fruit Choice	13 Cheeseburger on a Bun Oven Fries Fresh Vegetables Fruit Choice	14 Hamburger Hotdish Corn Dinner Roll Fresh Vegetables Fruit Choice
17 Chicken Fajita's Fresh Vegetables Fruit Choice	18 Salisbury Steak Mashed Potatoes/Gravy Dinner Roll Fresh Vegetables Fruit Choice	19 Spaghetti Hotdish Garlic Toast Fresh Vegetables Fruit Choice	20 MEA No School	21 MEA No School
24 French Bread Pepperoni Pizza Fresh Vegetables Fruit Choice	25 Hamburger Hotdish Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice	26 Popcorn Chicken Baked Beans Dinner Roll Fresh Vegetables Fruit Choice	27 Corn Chip Taco's Salsa Fresh Vegetables Fruit Choice	28 Grilled Chicken on a Bun Oven Fries Fresh Vegetables Fruit Choice
31 Sloppy Joes on a Bun Baked Chips Fresh Vegetables Fruit Choice				All Meals are Served With Milk ISD #630 is an Equal Opportunity Provider and Employer