

Red Lake Falls Schools December 2021 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
All meals are served with milk. Menu is subject to change	ISD #630 is an Equal Opportunity Employer and Provider	1 Breakfast Pizza Juice Fruit	2 French Toast w/Syrup Sausage Juice Fruit	3 Mini Bagel Cereal Juice Fruit
6 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	7 Yogurt Parfait Juice Fruit	8 Frudel Cereal Juice Fruit	9 Waffle w/ Syrup Sausage Juice Fruit	10 Cinnamon Roll Hard Boiled Egg Juice Fruit
13 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	14 French Toast Sticks w/Syrup Hard Boiled Egg Juice	15 Muffin Sausage Juice Fruit	16 Banana or Pumpkin Bread Hard Boiled Egg Juice Fruit	17 Long John Yogurt or Greek Yogurt Juice Fruit
20 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	21 Breakfast Pizza Juice Fruit	22 Long John Yogurt or Greek Yogurt Juice Fruit	23 Waffle w/Syrup Hard Boiled Egg Juice Fruit	24 No School
27 No School	28 No School	29 No School	30 No School	31 No School

Red Lake Falls Schools December 2021 Lunch Menu

Mon	Tue	Wed	Thu	Fri
All Meals are Served with Choice of Milk. Menu is subject to change.	ISD #630 is an Equal Opportunity Employer and Provider.	1 Chicken Nuggets Mashed Potatoes w/Gravy Fresh Vegetables Fruit Choice	2 Spaghetti Hotdish Green Beans Garlic Toast Fresh Vegetables Fruit Choice	3 Cheeseburger Oven Fries Fresh Vegetables Fruit Choice
6 Chicken Fajitas Fresh Vegetables Fruit Choice	7 High School Orange Chicken Rice Egg Roll Fresh Vegetables Fruit Choice	Elementary Corn dogs Baked Beans Vegetables Fruit choice	8 Sloppy Joe on Bun Baked Chips Fresh Vegetables Fruit Choice	9 Meatballs w/Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice
10 Chicken Legs Cheesy Green Beans Dinner Roll Fresh Vegetables Fruit Choice	13 Chicken or Cheese Quesadilla Sour Cream/Salsa Fresh Vegetables Fruit Choice	14 Pulled Pork on Bun Baked Beans Fresh Vegetables Fruit Choice	15 Popcorn Chicken Mashed Potatoes w/Gravy Corn Dinner Roll Fresh Vegetables Fruit Choice	16 Hot Ham & Cheese Sandwich Tri-Tater Fresh Vegetables Fruit Choice
17 Taco in a bag w/Corn Chips Fresh Vegetables Fruit Choice	20 Chicken Alfredo over Noodles Breadstick Fresh Vegetables Fruit Choice	21 Chicken Patty on Bun Baked Beans Fresh Vegetables Fruit Choice	22 Pork Chop Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	23 Italian Dunkers Marinara Sauce Fresh Vegetables Fruit Choice
24 No School	27 No School	28 No School	29 No School	30 No School
31 No School				