


Red Lake Falls Schools October 2023 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
2 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	3 Breakfast Pizza Juice Fruit	4 Cheese Omelet Toast Juice Fruit	5 French Toast Sticks Syrup Yogurt Juice Fruit	6 Cereal Muffin Juice Fruit
9 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	10 Pancakes Syrup Sausage Juice Fruit	11 Long John Juice Fruit	12 Yogurt Parfait Juice Fruit	13 Mini Bagel (elementary) Bagel w/Cream Cheese (H.S.) Juice Fruit
16 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	17 French Toast Hard Boiled Egg Juice Fruit	18 Breakfast Pizza Juice Fruit	19 NO SCHOOL	20 NO SCHOOL
23 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	24 Banana Bread Juice Fruit	25 Long John Juice Fruit	26 Pancake Syrup Sausage Juice Fruit	27 Cereal Toast Juice Fruit
30 Cereal Toast Peanut Butter/Jelly/Butter Juice Fruit	31 Breakfast Burrito Juice Milk	All meals include milk.	ISD #630 is an Equal Opportunity Provider.	

Red Lake Falls Schools October 2023 Lunch Menu

Mon	Tue	Wed	Thu	Fri
2 Pizza Green Beans Fresh Vegetables Fruit Choice	3 Chicken Alfredo Garlic Toast Fresh Vegetables Fruit Choice	4 Hot Dog on Bun Baked Beans Sunchips (7-12 only) Fresh Vegetables Fruit Choice	5 Meatballs Mashed Potatoes w/ Gravy Dinner Roll Fresh Vegetables Fruit Choice	6 Nachos Fresh Vegetables Fruit Choice
9 Italian Dunkers Marinara Sauce Fresh Vegetable Fruit Choice	10 Soft Shell Taco Salsa Fresh Vegetables Fruit Choice	11 Chicken Nuggets Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	12 Cheeseburger on Bun Baked Beans Fresh Vegetables Fruit Choice	13 Pizza Hotdish Garlic Toast Fresh Vegetables Fruit Choice
16 Chicken Fajita Fresh Vegetables Salsa/Sour Cream Fruit Choice	17 Salisbury Steak Mashed Potatoes w/Gravy Dinner Roll Fresh Vegetables Fruit Choice	18 Spaghetti Hotdish Garlic Toast Fresh Vegetables Fruit Choice	19 NO SCHOOL	20 NO SCHOOL
23 Cheese Quesadilla Fresh Vegetables Fruit Choice	24 Hamburger Gravy Mashed Potatoes Dinner Roll Fresh Vegetables Fruit Choice	25 Popcorn Chicken Baked Beans Dinner Roll Fresh Vegetables Fruit Choice	26 Corn Chip Taco Salsa/Sour Cream Fresh Vegetables Fruit Choice	27 Grilled Chicken on Bun Oven Fries Fresh Vegetables Fruit Choice
30 Pepperoni French Bread Pizza Corn Fresh Vegetables Fruit Choice	31 Crispy Chicken Wrap Tater Tot Hotdish Green Beans Dinner Roll Fresh Vegetables	All meals include milk.	ISD #630 is an Equal Opportunity Provider.	