



North Rock Creek High School

Breakfast October 2024



Mon, 9 /30 Smoothie & Granola or Cereal & Toast Fruit Juice Milk	Tue, 10 /1 Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Wed, 10 /2 Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk	Thu, 10 /3 Oatmeal & Toppings or Cereal & Toast Fruit Juice Milk	Fri, 10 /4 Cinnamon Roll or Cereal & Toast Fruit Juice Milk
Mon, 10 /7 Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Tue, 10 /8 Pancakes w/ Syrup or Cereal & Toast Fruit Juice Milk	Wed, 10 /9 Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk	Thu, 10 /10 No School	Fri, 10 /11 No School
Mon, 10 /14 No School	Tue, 10 /15 Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Wed, 10 /16 Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk	Thu, 10 /17 Oatmeal & Toppings or Cereal & Toast Fruit Juice Milk	Fri, 10 /18 Cinnamon Roll or Cereal & Toast Fruit Juice Milk
Mon, 10 /21 Pancakes w/ Syrup or Cereal & Toast Fruit Juice Milk	Tue, 10 /22 Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Wed, 10 /23 Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk	Thu, 10 /24 Oatmeal & Toppings or Cereal & Toast Fruit Juice Milk	Fri, 10 /25 Cinnamon Roll or Cereal & Toast Fruit Juice Milk
Mon, 10 /28 Oatmeal Cinnamon Toast or Cereal & Toast Fruit Juice Milk	Tue, 10 /29 Smoothie & Granola or Cereal & Toast Fruit Juice Milk	Wed, 10 /30 Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk	Thu, 10 /31 Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Fri, 11 /1 Cinnamon Roll or Cereal & Toast Fruit Juice Milk

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



North Rock Creek High School

Lunch October 2024



Mon, 9 /30	Tue, 10 /1	Wed, 10 /2	Thu, 10 /3	Fri, 10 /4
Cheeseburger Green Beans Side Salad Fruit Fruit Milk	Beef & Bean Enchilada Caesar Salad Tortilla Chips Salsa Fruit Milk	Beef Hot Dog Baked Beans Glazed Baby Carrots Fruit Milk	Beef & Cheese Pocket Garlic Parm Fries Fruit Milk	Chicken Nuggets Mashed Potatoes & Gravy Roasted Carrots Dinner Roll Fruit Milk
Mon, 10 /7	Tue, 10 /8	Wed, 10 /9	Thu, 10 /10	Fri, 10 /11
BBQ Chicken Green Beans Baby Carrots Dinner Roll Fruit Milk	Grilled Cheese Tomato florentine soup Chili Beans Fruit Milk	Cheese Quesadilla Caesar Salad Tater Tots Tortilla Chips Fruit Milk	No School	No School
Mon, 10 /14	Tue, 10 /15	Wed, 10 /16	Thu, 10 /17	Fri, 10 /18
No School	Nacho Bar (Beef, Queso and Tortilla Chips) Chili Beans Salsa Tortilla Chips Fruit Milk	Glazed Ham Mashed Potatoes & Gravy Green Beans Dinner Roll Fruit Milk	Ham & Cheese Melt Garden Salad Baby Carrots Fruit Milk	Corn Dog Broccoli & Cheese Fruit Milk
Mon, 10 /21	Tue, 10 /22	Wed, 10 /23	Thu, 10 /24	Fri, 10 /25
Cheeseburger Garlic Parm Fries Fruit Milk	Chicken Soft Taco Refried beans Tortilla Chips Salsa Fruit Milk	Chicken Nuggets Mashed Potatoes & Gravy Broccoli Dinner Roll Fruit Milk	Cheeseburger Mac Green Beans Glazed Baby Carrots Breadstick Fruit Milk	Pizza Italian Salad Roasted Carrots Fruit Milk
Mon, 10 /28	Tue, 10 /29	Wed, 10 /30	Thu, 10 /31	Fri, 11 /1
Corn Dog Tater Tots Green Beans Fruit Milk	Pizza Glazed Baby Carrots Cucumber Slices Fruit Milk	Chicken Nuggets Tater Tots Dinner Roll Fruit Milk	Ham & Cheese Melt Caesar Salad Baby Carrots Fruit Milk	Taco Soup Chili Beans Tortilla Chips Salsa Fruit Milk

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