High School

November 2017

30			2	Classic Cafe	Oven Roasted Chicken, Baked Potato Halves, French Bread
X			XX	Diner Station	Spicy Chicken Patty on Bun, Golden French Fries
MONDAY			RSI	Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
M			THURSDAY	Grab and Go	Ham & Cheese Pinwheel
31	genetice, non-security in a specific little of the	۵۰ بر ۲۰ ۲۹۹ میکو کو ک	3	Classic Cafe	Popcorn Chicken Bowl
AY			X	Diner Station	Corn Dog, Golden French Fries
TUESDAY			FRIDAY	Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Sausage Pizza
2				Grab and Go	Chicken Caesar Wrap
EDNESDAY 1	Classic Cafe Diner Station Pizza Parlor	General Tso's Chicken, Brown Rice, Fortune Cookie Hamburger on a Bun, Golden French Fries Cheese Pizza, Chicken Alfredo Pizza, Pepperoni Pizza Ham Deli Sub Sandwich	TRA INFO	Milk choice of 1% For questions or co	White, Skim or Chocolate Skim is included with lunch. mments, contact the Food Service Director t: riibem@roschools.org, or call 712.621.0042

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Remember to eat

your fruits & vegetables

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6		Crispy Chicken Tenders, Golden French Fries Cheese Pizza, Pepperoni Pizza,	9		Cider Roast Pork, Scalloped Potatoes, Soft Pan Roll Chicken Patty Sandwich,
MONDAY	Grab and Go	Cheeseburger Pizza Turkey Deli Sub Sandwich	THURSDAY	Pizza Parlor	Golden French Fries Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza
Ĕ		and the second secon	E		Turkey BLT Wrap
7	Classic Cafe		10	Jonation - Long and the second se	Popcorn Chicken Bowl
AY	Diner Station	Cheeseburger, Golden French Fries	$\mathbf{\lambda}$	Diner Station	BBQ Rib Sandwich, Golden French Fries
TUESDAY	Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza	FRIDAY	Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
2	Grad and Go	Double Decker PB & J Sandwich		Grab and Go	Honey Mustard Ham Wrap
8		Pizza Bake, Garlic Breadstick, Leafy Green Salad	0	Have	tofthe Month
SDAY ^{&}	Diner Station	Mini Corn Dogs, Golden French Fries	INFO	RUTABAGA	SAGE
	Dinne David	Change Dime Demonstrati	S = 2		

EXTRA

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Pizza Parlor Cheese Pizza, Pepperoni

Grab and Go Ham Deli Sandwich

Pizza, Sausage Pizza

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13 MONDAY

Classic Cafe Pasta Bar Diner Station Hot Dog on a Bun, Golden **French Fries** Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza Grab and Go Crispy Chicken Wrap

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17

FRIDAY

Classic Cafe Lunch Brunch Sandwich, Tator Tots Diner Station Spicy Chicken Patty on Bun, Golden

Pizza Parlor Cheese Pizza, Pepperoni Pizza, **Cheeseburger Pizza**

French Fries

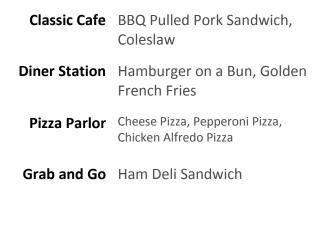
Grab and Go Ham & Cheese Pinwheel

14
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WEDNESDAY 1

Classic Cafe	Taco Bar
Diner Station	Crispy Chicken Nuggets, Golden French Fries
Pizza Parlor	Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
Grab and Go	Turkey Ranch Wrap

Classic Cafe	Thanksgiving Turkey and Gravy, Mashed Potatoes, Cranberries, Bread Stuffing, Soft Pan Roll, Harves
Diner Station	Corn Dog, Golden French Fries
Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
Grab and Go	Chicken Caesar Wrap





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20 YAONDAY Classic Cafe Pancakes

- Diner Station Crispy Chicken Tenders, Golden French Fries
- Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Grab and Go Ham Deli Sandwich



Classic Cafe	Taco Bar
Diner Station	Cheeseburger, Golden French Fries
Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza
Grab and Go	Chicken Caesar Wrap



WEDNESDAY R

Classic Cafe	Philly Flatbread, Calico Bean Bake, Birthday Cake
Diner Station	Mini Corn Dogs, Golden French Fries
Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Hawaiian Pizza
Grab and Go	Ham Deli Sandwich





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27 MONDAY Classic Cafe Pasta Bar

- Diner Station Hot Dog on a Bun, Golden **French Fries**
 - Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Grab and Go Double Decker PB & J Sandwich



- Classic Cafe Beefy Nachos with Cheese, **Refried Beans** Diner Station Spicy Chicken Patty on Bun, Golden
 - **French Fries** Pizza Parlor Cheese Pizza, Pepperoni Pizza,

Buffalo Chicken Pizza

Grab and Go Ham & Cheese Pinwheel

Classic Cafe	Taco Bar
Diner Station	Crispy Chicken Nuggets, Golden French Fries
Pizza Parlor	Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza
Grab and Go	Turkey Ranch Wrap

Coleslaw, Homemade Brownie

French Fries

Cheeseburger Pizza

1 FRIDAN





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