



March 2017

RUGBY PUBLIC SCHOOLS LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Breakfast consists of cereal, toast, milk, juice or fresh fruit. Hot breakfast is served occasionally.</i></p>	<p><i>Salad bar with various fruits and vegetables is served daily. All bread offerings are whole wheat. Skim milk and skim chocolate milk are offered at every meal.</i></p>	<p>1 Tuna Noodle Casserole Peas</p>	<p>2 Hot Dogs Baked Beans</p>	<p>3  No School</p>
<p>6 Eggs Breakfast Potatoes</p>	<p>7 Blueberry Streusel Bread</p>	<p>8 Yogurt Parfait</p>	<p>9 Waffles</p>	<p>10 Smoothies Bagels</p>
<h3>Breakfast in Our Schools Week</h3> <p><i>The high school starts serving breakfast at 8:00 a.m. daily. Ely starts serving at 8:10 daily.</i></p>				
<p>Chicken Nuggets Potatoes</p>	<p>B-B-Q Pork Sandwich Baked Beans</p>	<p>Scalloped Potatoes Ham Early out-1:00</p>	<p>Sloppy Joes Potatoes</p>	<p>Cheese Pizza Fruit Salad</p>
<p>13 Hamburgers French Fries</p>	<p>14 Chicken Strips Mashed Potatoes Gravy</p>	<p>15 <i>Ely:</i> Chili Breadsticks <i>HS:</i> Pepperoni Pizza Fruit Salad</p>	<p>16 Crispitos Rice</p>	<p>17  Fishwich Potatoes</p>
<p>20 Corn Dogs Potatoes</p>	<p>21 Tacos Refried Beans</p>	<p>22 Knoephla Soup Sandwich</p>	<p>23 Tator Tot Hotdish Green Beans</p>	<p>24 <i>Ely:</i> Tomato Soup Grilled Cheese <i>HS:</i> Tomato Soup Quesadilla</p>
<p>27 Chicken Burger Potatoes</p>	<p>28 Baked Potato Bar</p>	<p>29 Polish Sausage Buttered Noodles</p>	<p>30 Super Nachos</p>	<p>31 <i>Ely:</i> Eggs Pancakes <i>HS:</i> Cheese Pizza Fruit Salad</p>

This month we are promoting "Breakfast in our Schools."
Our theme for National School Breakfast Week is "Take the School Breakfast Challenge."