


December 2023

RUGBY PUBLIC SCHOOLS BREAKFAST & LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>~Ely Breakfast: Cereal, toast, peanut butter, WOW butter, jelly, fruit, 1% white milk, skim chocolate milk, and fruit juice are offered daily. ~High school breakfasts are grab-and-go Power Packs served from the breakfast cart (no fixed menu.) ~Bread, peanut butter, WOW butter, jelly, salad bar with various fruits and vegetables, 1% white milk, and skim chocolate milk are offered daily at lunch. ~All bread offerings are whole grain. --Menu items may change due to availability.</p> <p>Due to the national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!</p> | | | | <p>1 Yogurt & Grahams</p> <p>Ely: French Toast Omelets H.S.: Baked Potato Bar</p> |
| <p>4 Rice Krispy Bar String Cheese</p> <p>Popcorn Chicken Rice Pilaf</p> | <p>5 Mini Donuts</p> <p>Sloppy Joes Potato Wedges Baked Beans</p> | <p>6 Muffin String Cheese</p> <p>Chicken Fajitas Rice Pilaf</p> | <p>7 Breakfast Pizza</p> <p>Meatballs & Gravy Mashed Potatoes Corn</p> | <p>8 Yogurt Granola Bar</p> <p>French Bread Pizza Green Beans</p> |
| <p>11 Benefit Bar String Cheese</p> <p>Grilled Cheese Sandwich Tomato Soup</p> | <p>12 WG Little Johns</p> <p>Chicken Mashed Potatoes Country Gravy</p> | <p>13 Muffin String Cheese</p> <p>Hard or Soft Tacos Cheesy Refried Beans</p> <p>Early out 1:30</p> | <p>14 Breakfast Bar</p> <p>Hamburger on a Bun French Fries</p> | <p>15 Yogurt & Grahams</p> <p>Pepperoni Pizza Green Beans</p> |
| <p>18 Pop Tart String Cheese</p> <p>Super Nachos Black Beans</p> | <p>19 Cheese Omelet Toast</p> <p>BBQ Pork on a Bun Potatoes</p> | <p>20 Muffin String Cheese</p> <p>Lasagna Garlic Toast</p> | <p>21 French Toast Sticks</p> <p>Orange Chicken Asian Rice</p> <p>Early out 1:30</p> |  |

Merry Christmas
Happy Holidays

See you January 3rd!