

RFMA SEPTEMBER MENU

2024

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	<i>Breakfast Bar A</i> 100% Juice Fresh Green Apple Chicken Burrito Bowl Rice, Pinto Beans Cheddar Cheese, Salsa Strawberry Mango Sidekick	<i>Mini Bagels</i> w/Strawberry Cream Cheese 100% Juice Applesauce Cup Cheese Calzone Marinara Dipping Sauce Steamed Peas Cinnamon Peaches	<i>Cinnamon Roll</i> Dried Fruit Fresh Banana Chicken Nuggets & Waffles Syrup Carrot Bites, Ranch Dip Orange Quarters	<i>Apple Cinnamon Bread</i> 100% Juice Fruit Cup Grilled Cheese Steamed Corn Cinnamon Apples
<i>Breakfast Bar B</i> 100% Juice Fresh Apple Meatball Sub Marinara Sauce Hoagie Roll Steamed Carrots Fruit Cup	9 <i>Maple Waffle</i> Dried Apples Fresh Orange Breakfast Sandwich Buttermilk Biscuit Egg Patty Cheddar Cheese Hash Browns Fresh Green Apple	10 <i>Vanilla Yogurt</i> Honey Granola 100% Juice Sliced Peaches Cheese Lasagna Roll Up Romaine Salad Ranch Dressing Cinnamon Apples	11 <i>Apple Cinnamon</i> Oatmeal Round Dried Fruit Fresh Banana Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Orange Quarters	12 <i>Pumpkin Bread</i> String Cheese 100% Juice Applesauce Cup Turkey & Cheese Croissant Deli Turkey Sliced Cheddar Celery Sticks Ranch Dip Applesauce
No School 16	17 <i>Strawberry Cinnaboli</i> 100% Juice Fresh Apple Grilled Hamburger Wheat Bun, Ketchup Baked Beans Cinnamon Peaches	18 <i>Lemon Poppyseed</i> Bread String Cheese 100% Juice Fruit Cup Pancakes, Syrup Sausage Patty Hash Browns Orange Quarters	19 <i>Breakfast Bar A</i> Dried Fruit Fresh Banana Macaroni & Cheese BBQ Chicken Broccoli, Ranch Dip Fresh Green Apple	20 <i>Banana Bread</i> Vanilla Yogurt 100% Juice Applesauce Cup Mini Cheese Pizzabolis Marinara Dipping Sauce Steamed Peas Seasonal Fruit
<i>Breakfast Bar A</i> 100% Juice Fresh Green Apple Chicken Potstickers Soy Sauce Steamed Carrots Cinnamon Peaches	23 <i>Cheerios Bowl</i> String Cheese Dried Apples Fresh Orange Seasoned Beef Chili Shredded Cheddar Homemade Cornbread Baked French Fries Fruit Cup	24 <i>Mini Bagels</i> w/Strawberry Cream Cheese 100% Juice Applesauce Cup Red Chicken Tamales Cheddar Cheese, Salsa Refried Beans Fresh Banana	25 <i>Cinnamon Roll</i> Dried Fruit Fresh Banana Chicken Parm Sandwich Marinara, Mozzarella Wheat Bun Steamed Broccoli Fresh Apple	26 <i>Apple Cinnamon Bread</i> 100% Juice Fruit Cup Sun Butter & Jelly Sandwich Celery Sticks Ranch Dip Seasonal Fruit
<i>Breakfast Bar B</i> 100% Juice Fresh Apple Breakfast Burrito Scrambled Eggs Cheddar Cheese, Salsa Hash Browns Blue Raspberry Sidekick	30			

***This institution is an equal opportunity provider.**

****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.**

*****This menu is subject to change based on item availability**

******Shelf stable meal kits available upon request.**

Our menu items may contain milk, eggs, wheat, soy, sesame, fish or shellfish.

