

RFMA OCTOBER MENU

2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p><i>Maple Waffle</i> Dried Apples Fresh Orange</p> <p>Chicken Nuggets Buttermilk Biscuit BBQ Sauce Carrots, Ranch Dip Green Apple</p>	<p><i>Vanilla Yogurt</i> Honey Granola 100% Juice Sliced Peaches</p> <p>Beef Meat Sauce Rotini Pasta Steamed Broccoli Cinnamon Peaches</p>	<p><i>Banana Chocolate Chip</i> Oatmeal Round Dried Fruit Fresh Banana</p> <p>Chicken Fajitas Onions, Peppers Tortillas, Salsa Black Beans Orange Quarters</p>	<p><i>Pumpkin Bread</i> String Cheese 100% Juice Applesauce Cup</p> <p>Cheese Stuffed Breadsticks Marinara Dipping Sauce Mixed Veggies Cinnamon Apples</p>
7	8	9	10	11
<p><i>Strawberry Cinnaboli</i> 100% Juice Fresh Apple</p> <p>Turkey Hot Dog Wheat Bun, Ketchup Baked Beans Fruit Cup</p>	<p><i>Cocoa Puffs Bowl</i> Dried Apples Fresh Orange</p> <p>Orange Chicken Brown Rice Steamed Carrots Cinnamon Apples</p>	<p><i>Lemon Poppyseed</i> Bread String Cheese 100% Juice Fruit Cup</p> <p>Meatballs in Marinara Garlic Knot Steamed Broccoli Fresh Banana</p>	No School	No School
14	15	16	17	18
No School	<p><i>Breakfast Bar A</i> 100% Juice Fresh Green Apple</p> <p>Chicken Burrito Bowl Rice, Pinto Beans Cheddar Cheese, Salsa Strawberry Mango Sidekick</p>	<p><i>Mini Bagels</i> w/Strawberry Cream Cheese 100% Juice Applesauce Cup</p> <p>Cheese Calzone Marinara Dipping Sauce Steamed Peas Cinnamon Peaches</p>	<p><i>Cinnamon Roll</i> Dried Fruit Fresh Banana</p> <p>Chicken Nuggets & Waffles Syrup Carrot Bites, Ranch Dip Orange Quarters</p>	<p><i>Apple Cinnamon Bread</i> 100% Juice Fruit Cup</p> <p>Grilled Cheese Steamed Corn Cinnamon Apples</p>
21	22	23	24	25
<p><i>Breakfast Bar B</i> 100% Juice Fresh Apple</p> <p>Meatball Sub Marinara Sauce Hoagie Roll Steamed Carrots Fruit Cup</p>	<p><i>Maple Waffle</i> Dried Apples Fresh Orange</p> <p>Breakfast Sandwich Buttermilk Biscuit Egg Patty Cheddar Cheese Hash Browns Fresh Green Apple</p>	<p><i>Vanilla Yogurt</i> Honey Granola 100% Juice Sliced Peaches</p> <p>Cheese Lasagna Roll Up Romaine Salad Ranch Dressing Cinnamon Apples</p>	<p><i>Apple Cinnamon</i> Oatmeal Round Dried Fruit Fresh Banana</p> <p>Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Orange Quarters</p>	<p><i>Pumpkin Bread</i> String Cheese 100% Juice Applesauce Cup</p> <p>Turkey & Cheese Croissant Deli Turkey Sliced Cheddar Celery Sticks Ranch Dip Applesauce</p>
28	29	30	31	
<p><i>Strawberry Cinnaboli</i> 100% Juice Fresh Apple</p> <p>Chicken Tenders BBQ Sauce Homemade Cornbread Carrot Bites, Ranch Dip Kiwi-Strawberry Sidekick</p>	<p><i>Cocoa Puffs Bowl</i> Dried Apples Fresh Orange</p> <p>Grilled Hamburger Wheat Bun, Ketchup Baked Beans Cinnamon Peaches</p>	<p><i>Lemon Poppyseed</i> Bread String Cheese 100% Juice Fruit Cup</p> <p>Pancakes, Syrup Sausage Patty Hash Browns Orange Quarters</p>	<p><i>Breakfast Bar A</i> Dried Fruit Fresh Banana</p> <p>Macaroni & Cheese BBQ Chicken Broccoli, Ranch Dip Fresh Green Apple</p>	

*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.