

SEPTEMBER 2023

Riceville Community School District

Lunch & Breakfast Menu

All Meals are served with choice of Fat free white or chocolate & 1% white Milk. Fresh fruit option is based on the current availability for each week. Cereal served everyday as an alternative option to main breakfast item. All menus are subject to change. Fresh fruit and vegetable bar are offered daily and are based on availability.

Monday

Tuesday

Wednesday

Thursday

Friday



Taste Test Items

Breakfast:
Apple Cinnamon Crumble Muffins
Lunch: Chicken & Vegetable Bowl

Power Bites
Hard Boiled Eggs
Apple Sauce, Juice, Milk

1

Hot Ham & Cheese
On WG Bun
Tomatoes, Berry Cups
Milk

Labor Day
No School

4

Muffins
String Cheese
Oranges, Juice, Milk

5

Italian Pasta Bake
WG Garlic Bread
Broccoli, Apples, Milk

Breakfast Bagels
Pears, Juice, Milk

6

Crispy Chicken Wrap
WG Tortilla
Carrots
Blueberries, Milk

Benefit Bars
Peaches, Juice, Milk

7

Chicken Fajitas
On WG Tortilla
Sautéed Peppers & Onions
Pineapple, Milk

Grand Parents Day Sept 10

8

Pancake
Scrambled Eggs, sausage
Cantaloupe, Juice, Milk

WG Pulled Pork Sandwich
WG Chips, Diced Ranch Potatoes
Strawberries, Milk

Jumpstart Breakfast
Pineapple, Juice, Milk

11

Sausage Egg McMuffin
Honey Dew, Juice, Milk

12

BBQ Riblet Sandwich
French Fries, Coleslaw
Mango, Milk

Lasagna
WG Butter Garlic Roll
Garlicky Green Beans
Cantaloupe, Milk

Assorted WG Snack Breads
Yogurt
Mixed Fruit, Juice, Milk

13

WG Turkey & Cheese Wraps
WG Chips & Black Bean Salsa
Fruit Salad, Milk

French Toast w/ Syrup
Scrambled Eggs
Grapes, Juice, Milk

14

Chicken & Swiss Sandwich
On WG Bun
WG Pasta Salad
Tomatoes, Pears, Milk

Cheese Omelets
WG Toast
Kiwi, Juice, Milk

15

Sloppy Joes
WG Bun
Romaine, Cantaloupe
Milk

Pop tarts
String Cheese
Banana, Juice, Milk

18

Bacon, Egg, & Cheese Biscuit
Applesauce, Juice, Milk

19

Buffalo Chicken Nachos
Salad Bar, Salsa
Fruit Cocktail, Milk

WG Buffalo Mac & Cheese
Choice of Pork or Chicken topping
Pea Salad
Grapes, Milk

Un crustables
Apples, Juice, Milk

20

Fish Sandwich
WG Bun
Cucumbers
Strawberries, Milk

Taste Test Day

21

Cereal
WG Toast
Grapefruit, Juice, Milk
Tacos (soft or hard)
Salad Bar, Refried Beans
Pears, Milk

Breakfast Burrito
Kiwi, Juice, Milk

22

Cuban Sandwich
WG Bun
Baked Beans, Grapes
Milk

Berry Cherry Power Bar
Banana, Juice, Milk

25

Toast
Scrambled Egg Bar
Apples, Juice, Milk

26

Chef Salad
WG Dinner Roll
Mandarin Oranges
Milk

WG Spaghetti
Garlic Toast
Sweet Corn, Local Fruit
Milk

Local Food Day

27

No School

Cereal Bars
Yogurt
Peaches, Juice, Milk

28

Hamburger on WG Bun
Salad Bar (Grown Local)
Local Fruit, Milk

WG Ham & Egg Breakfast Bar
Fruit Cocktail, Juice, Milk

29

Chicken Alfredo
Dinner Roll
Carrots, Honey Dew
Milk

"This institution is an equal opportunity provider."

