

SEPTEMBER 2026

Riceville Community School District

All meals are served with the choice of Fat Free white or chocolate & 1% white Milk. All students are offered fresh fruit and salad bar daily. Cereal is served as an alternative option to main breakfast item. All menu items are subject to change. Fresh fruit and vegetable based on availability.

Breakfast and Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

NO
SCHOOL

LABOR DAY

WG Biscuits & Gravy
Applesauce, Juice, Milk

WG Crunchy Chicken Hawaiian Wraps
WG Tortilla
Broccoli Salad, Raisins, Milk

WG Chicken Sausage
Pancake Sandwich
Applesauce, Juice, Milk

WG Chicken Strips
Mash Potatoes, Creamy Cucumbers
Cranberries, Milk

WG Trix Muffin
Applesauce, Juice, Milk

Baked Chicken
Southwest Potatoes,
WG Garlic Bread, Broccoli
Strawberries, Milk

Breakfast Pizza
Applesauce, Juice, Milk

Walking Tacos
WG Doritos, Lettuce, Shredded Cheese
Black Bean Salsa, Grapes, Milk

WG Pizza Breakfast Bagel
Peaches, Juice, Milk

Chicken Or Steak Fajitas
WG Tortilla, Shredded Cheese
Red & Green Peppers, Onions
Tomatoes, Grapes, Milk

WG Dutch Waffle Sticks
Strawberries, Juice, Milk

WG Beef & Bean Enchilada's
With White Sauce
Black Bean Salsa, Grapes, Milk

WG Chocolate Chip
French Toast w/syrup
Peaches, Juice, Milk

Build Your Own Burrito Bowl
Choose your Protein WG Rice,
Refried Beans, Shredded Cheese
Grapes, Milk

WG Sausage Egg McMuffin
Peaches, Juice, Milk

Beef Tacos
WG Tortilla, Hard or Soft
Shredded Cheese, Tomatoes
Black Bean Salsa, Grapes, Milk

NO
SCHOOL
TEACHER
PD DAY

Apple or Cherry Frudel
Pears, Juice, Milk

Chicken Sandwich
WG Breaded or Grilled Chicken
Cucumber Chive Salad
Cantaloupe, Milk

NO
SCHOOL
TEACHER
PD DAY

Scrambled Eggs
Yogurt, Local Fruits, Juice, Milk

Iowa Pulled Pork Dinner
WG Iowa Toast (Texas Toast)
WG Corn Muffin, Diced Potatoes
Cantaloupe, Milk
Local Food Day with Healthy Harvest

NO
SCHOOL
TEACHER
PD DAY

WG Pancake Poffitz
Pears, Juice, Milk

WG Chicken Spinach Alfredo Bake
WG Garlic Bread
Spinach, Cherry Tomatoes
Apple, Milk

Build your own Fruit Parfait
WG Granola
Choice of fruits, Juice, Milk

Spaghetti & Meat Sauce
WG Noodles & Garlic Bread
Corn, Strawberries, Milk

Omelet
WG Toast
Peaches, Juice, Milk

WG Chicken Pasta Bake
WG Garlic Bread, Salad Bar
Cantaloupe, Milk

WG Uncrustable
Pears, Juice, Milk

WG Sweet & Sour Chicken
WG Rice, Broccoli, Carrots
Orange, Milk

WG Bagel
Peanut Butter, String Cheese
Peaches, Juice, Milk

Loaded Mac & Cheese Bowl
Pick your Protein
Broccoli, Cantaloupe, Milk

Grand Slam with Grandparents
WG Pancakes
Sausage, Scrambled eggs
Pears, Juice, Milk

WG Pizza
Cowboy Beans
Apple, Juice, Milk

Breakfast Sandwich
WG Biscuit, Egg, Sausage
Mixed Fruit, Juice, Milk

Banh Mi Vietnamese Sandwich
Three Sisters Salad
Pears, Milk

WG Donuts
Banana, Juice, Milk

Cook Out with The Cattlemen
Hamburger or Cheeseburger
Lettuce, Tomato, Pickle
WG Bun, Apple, Milk
Homecoming