

November 2015

RULE ISD

BREAKFAST



School Information: MENU
SUBJECT TO CHANGE



*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race,color,national origin,sex,age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992(Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339: or

Monday

WAFFLES AND SAUSAGE
OR MUFFIN W/ YOGURT
FRUIT JUICE
MILK

2

Tuesday

BISCUIT AND EGGS
OR PB&J SANDWICH
FRUIT
JUICE
MILK

3

Wednesday

CINNAMON ROLL
W/ BACON
FRUIT
JUICE
MILK

4

Thursday

SAUSAGE, EGG &
CHEESE PRETZEL
OR CEREAL W/
TOAST FRUIT
JUICE MILK

5

Friday

BREAKFAST BURRITO
OR MUFFIN W/ YOGURT
FRUIT
JUICE MILK

6

9

NO SCHOOL

OMELET WRAP
FRUIT
JUICE
MILK

10

BREAKFAST PIZZA
FRUIT
JUICE
MILK

11

WAFFLES &
SAUSAGE
FRUIT
JUICE MILK

12

CINNAMON ROLLS
AND BACON
FRUIT
JUICE MILK

13

16

PANCAKES AND
BACON
FRUIT
JUICE MILK

SUNRISE SANDWICH
FRUIT
JUICE
MILK

17

BISCUIT, GRAVY
EGGS
FRUIT
JUICE MILK

18

BREAKFAST STRUDEL
YOGURT
FRUIT
JUICE MILK

19

BREAKFAST BURRITO
FRUIT
JUICE
MILK

20

23

FRENCH TOAST STICKS
& SAUSAGE
FRUIT
JUICE MILK

CHICKEN -N-
BISCUIT
FRUIT
JUICE MILK

24

25

HOLIDAY

26

HOLIDAY

27

HOLIDAY

30

CHICKEN - WAFFLES
FRUIT
JUICE
MILK





School Information: MENU SUBJECT TO CHANGE

*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race,color,national origin,sex,age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992(Voice). Individuals who are hearing impaired or have speech disabilities may contact UDSA through the Federal Relay Service at (800)877-8339; or (800)845-6163(Spanish). USDA is an equal opportunity provider and employer.

Monday

PIZZA SALAD **2**
BABY CARROTS
MIXED FRUIT
MILK

Tuesday

HOT HAM & CHEESE **3**
ON PRETZEL BUN
TOMATO/CUCMB. CUP
STEAMED BROCCOLI
SNOWBALL MILK

Wednesday

MEATBALL SUB **4**
SALAD CARROTS COINS
APPLE SLICES
COOKIE
MILK

Thursday

MEATLOAF **5**
MASHED POTATOES
BROWN GRAVY MILK
GREEN BEANS ROLL
APPLE PINEAPPLE D'LITE

Friday

BBQ ON A BUN **6**
COLESLAW
PINTO BEANS
ORANGE SMILES
MILK

9

NO SCHOOL

BEEF & CHEESE **10**
TOSTADAS RICE
SALSA SALAD
REFRIED BEANS
APPLESAUCE MILK

11

PIZZA
SALAD
VEGETABLE MEDLEY
APPLE SLICES
MILK

12

TURKEY/DRESSING
MASHED POTATOES
GREEN BEAN
GRAVY CRANBARRRY
SAUCE ROLL SNOWBALL

13

HAMBURGER/
CHEESEBURGER W/ GARNISH
SWEET POTATO FRIES
ZESTY CUCUM.
SLICED PEACHES MILK

16

BEEF & BEAN BURRITO
SALSA CORN
VEGGIE CUP
ORANGES
MILK

17

NACHO GRANDE
REFIRED BEANS
SALSA
TOMATO CUP W/RANCH
SALAD PEARS LIME SHERBERT
MILK

18

CORN DOGS
BAKED BEANS
BROCCOLI
APPLE-PINEAPPLE D'LITE
MILK

19

SALISBURY STEAK W/
GRAVY BISCUIT
ROASTED POTATOES
SALAD
FRUITY JELLO MILK

20

PIZZA
BABY CARROTS W/ RANCH
BROCCOLI SALAD
GRAPES
COOKIE MILK

23

RAVIOLI W/
MEATSAUCE
ROLL SALAD
VEGGIE CUP
FRUIT CHOICE MILK

24

PULLED PORK SLIDER
CHIPS
COLESLAW TOMATO CUP
CINNAMON APPLES
MILK

25

HOLIDAY

26

HOLIDAY

27

HOLIDAY

30

BREADED PORK CHOP
BAKED POTATO
GLAZED CARROTS
STRAWBERRIES
ROLL MILK

