

JANUARY 2023 ROSWELL ISD ELEMENTARY MENU

Breakfast &



School Information: Fruit, Vegetables and a selection of Milk are served daily. A complete menu/nutrient guide are on the Food Service Webpage. **MENU IS SUBJECT TO CHANGE.**



Nutrition is important. For a healthy meal include fresh fruits, vegetables and whole grains, limit sugars and fats.

This Institution is an Equal Opportunity Provider.

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

Chocolate Muffins (39.7)
Stuffed Crust Pepperoni Pizza (30)
French Fries (16)

Cinnamon Toast Crunch (44.5)
Beef Fingers 4 piece (15.2)
Mashed Potatoes (20.9) Gravy (2)
Dinner Roll (27)

Apple Crumb (47)
Orange Chicken (55.4)
Brown Rice (30.9)
Normandy Blend (4)

Pancake on a Stick (17)
Salisbury Steak (7.5)
Gravy (2)
Seasoned Corn (24.4)
Breadsticks (13)

Banana Bread (44.2)
Spaghetti with Meat sauce (43)
Seasoned Green Beans (7.6)
Garlic Breadsticks (13)

French Toast Sticks (22.6) Syrup (30.4)
Chicken Nuggets (15)
Mashed Potatoes (20.9) Gravy (2)
Dinner Roll (27)

Cinnamon Toast Crunch (44.5)
Crispy Beef Tacos (22.4)
Pinto Beans (27.9)
Spanish Rice (12.8)

Blueberry Muffin (38.2)
Macaroni & Cheese (40.9)
Seasoned Green Beans (7.6)
Breadstick (13)

Breakfast Pizza (21)
Cheese Nachos (41.6)
Refried Beans (24.5)

NO SCHOOL

Oatmeal Round (25.1)
Beef Fingers 4 pieces (15.2)
Mashed Potatoes (20.9) Gravy (2)
Dinner Roll (27)

Cinnamon Rolls (36.5)
Crispy Chicken Sandwich (49)
Seasoned Green Beans (7.6)

Strawberry Boli (43.2)
Pulled Pork Sandwich (44.1)
Baked Beans (42)

Pancake Sandwich (15.7)
Cheeseburger (29.8)
Seasoned Curly Fries (14)

Chocolate Chip Waffles (42)
Stuffed Crust Pizza (30)
French Fries (16)

Cocoa Puffs Cereal (47.6)
Chicken N Waffles (39.7)
Mashed Potatoes (20.9) Gravy (2)

Poptart (38)
Yogurt (19.9)
Club Sandwich (67.5)
Tater Tots (18.1)

Cherry Muffin (38.2)
Frito Pie (55.4)
Seasoned Corn (24.4)

Breakfast Pizza (21)
Combination Burrito (48.3)
Pinto Beans (27.9)
Tortilla Chips (19)

Maple Waffles (37) Syrup (30.4)
Pulled Pork Sandwich (44.1)
Baked Beans (42)

Chocolate Muffin (39.7)
Salisbury Steak (7.5)
Mashed Potatoes (20.9) Gravy (2)
Dinner Roll (27)

