



March 2019

Roseburg High School

EVERYDAY BREAKFAST CHOICES:

- Egg & cheese or ham & cheese on an english muffin
- Sausage & cheese on a biscuit
- Bagel & cream cheese
- Oatmeal
- Cold cereal
- Fruit and low fat or fat free milk



EVERYDAY LUNCH CHOICES

Specialty Sandwiches made to order choosing from: fresh baked sub roll, turkey, ham, cheese, lettuce, tomato, pickles, jalapenos, onions, pepperoncini, cucumbers, green peppers and olives.
Daily Featured Salads w/fruit & vegetables

TACO FRESH OR NACHO BAR

Build your own Nachos, Tacos & Burritos from: corn chips, whole grain tortilla, taco beef, fajita chicken, cheese sauce, refried beans, lettuce, tomatoes, olives, onions, jalapeno peppers, shredded cheese, pepperonis, salsa & sour cream.



EVERYDAY CHOICES

Hamburger, Cheeseburger, Chicken or Spicy Chicken Sandwich

Baked Seasoned Wedges, Sweet Potato Fries or Tater Tots



ITALIAN FUSION CHOICES: Cheese or pepperoni Pizza; Cheesy Breadsticks; Calzone or Stromboli


SPECIALTY PIZZAS: Vegetarian, Chef Choice, Hawaiian, Three Meat, Chicken Bacon Ranch

Meal Prices- Breakfast-free to all students; Lunch \$3.10 Adult Breakfast \$2.50 Lunch \$4.05

SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens and Low Fat or Fat Free Milk

ALL GRAINS OFFERED ARE WHOLE GRAIN. MILK IS LOW FAT OR FAT FREE.

				Breakfast Breakfast Burrito Lunch General Tsao Chicken and Rice	3/1				
Breakfast French Toast Sticks Lunch Teriyaki Chicken and Rice	3/4	Breakfast Baked Pastry Lunch Mandarin Orange Chicken and Rice	3/5	Breakfast Biscuits & Gravy Lunch Curry Chicken and Rice	3/6	Breakfast Baked Pastry Lunch Spicy Szechuan Chicken and Rice	3/7	Breakfast Breakfast Burrito Lunch Lemongrass Chicken and Rice	3/8
Breakfast French Toast Sticks Lunch General Tsao Chicken and Rice	3/11	Breakfast Baked Pastry Lunch Teriyaki Chicken and Rice	3/12	Breakfast Biscuits & Gravy Lunch Mandarin Orange Chicken and Rice	3/13	Breakfast Baked Pastry Lunch Curry Chicken and Rice	3/14	Breakfast Breakfast Burrito Lunch Spicy Szechuan Chicken and Rice	3/15
Breakfast French Toast Sticks Lunch Lemongrass Chicken and Rice	3/18	Breakfast Baked Pastry Lunch General Tsao Chicken and Rice	3/19	Breakfast Biscuits & Gravy Lunch Teriyaki Chicken and Rice	3/20	Breakfast Baked Pastry Lunch Mandarin Orange Chicken and Rice	3/21	Breakfast Breakfast Burrito Lunch Curry Chicken and Rice	3/22
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