

ROPES BREAKFAST MENU

MONDAY

3RD Pancakes, bacon, fruit, juice and milk variety OR Cereal, toast

10TH Breakfast pizza, fruit, juice and milk variety OR Cereal, toast

17TH Waffles, bacon, fruit, juice and milk variety OR Cereal, toast

24TH Sausage Kolache, yogurt, fruit, juice and milk variety OR Cereal Toast

31ST Pancakes, bacon, fruit, juice and milk variety OR Cereal Toast

TUESDAY

4TH Breakfast Burrito, hash browns, fruit, juice and milk variety OR Breakfast strudel, cheese stick

11TH French toast, sausage, fruit, juice and milk variety OR Breakfast strudel, cheese stick

18TH Breakfast combo, fruit, juice and milk variety OR Breakfast strudel, cheese stick

25TH Cheese Omelet, toast, fruit, juice and milk variety OR Breakfast Strudel

WEDNESDAY

5TH Waffles, sausage, fruit, juice and milk variety OR Breakfast parfait

12TH *Power breakfast:* biscuit, gravy, scrambled eggs, bacon, fruit, juice and milk variety OR Breakfast parfait

19TH Breakfast pizza, fruit, juice and milk variety OR Breakfast parfait

26TH *Power breakfast:* biscuit, gravy, scrambled eggs, bacon, fruit, juice and milk variety OR Breakfast parfait

THURSDAY

6TH Breakfast Combo, fruit, juice and milk variety OR Breakfast Strudel, cheese stick

13TH Pancake wrap, fruit, juice and milk variety OR Breakfast strudel, cheese stick

20TH Oatmeal, cinnamon toast, fruit, juice and milk variety OR Breakfast strudel, cheese stick

27TH 10TH Breakfast pizza, fruit, juice and milk variety OR Breakfast strudel, cheese stick

FRIDAY

7TH Donut, sausage, fruit, juice and milk variety OR Cereal, toast

14TH Cinnamon roll, sausage, fruit, juice and milk variety OR cereal, toast

21ST Breakfast burrito, hash browns, fruit, juice and milk variety OR Cereal, toast

28TH Breakfast sandwich, fruit, juice and milk variety OR Cereal, toast

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:
Fat free milk is provided to Pre-K on a daily basis.



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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