### Republic R-III MS/HS Menu

#### Breakfast
- **Monday, Dec. 5**
  - Cinnabiscuit w/Yogurt Dip
  - Applesauce, Fresh Fruit
  - 100% Juice, Milk

- **Tuesday, Dec. 6**
  - Scrambled Eggs w/Diced Ham & Toast
  - Peaches, Fresh Fruit
  - 100% Juice, Milk

- **Wednesday, Dec. 7**
  - Creamy Oatmeal w/Cinnamon Toast
  - Banana, Raisins
  - 100% Juice, Milk

- **Thursday, Dec. 8**
  - Biscuit & Gravy w/Sausage Patty
  - Orange Wedges
  - 100% Juice, Milk

- **Friday, Dec. 9**
  - Frudel Friday
  - Mixed Fruit, Fresh Fruit
  - 100% Juice, Milk

#### Lunch
- **Monday, Dec. 5**
  - Chicken Teriyaki w/Rice
  - Side Salad
  - Cooked Carrots
  - Tropical Mixed Fruit
  - Fresh Fruit

- **Tuesday, Dec. 6**
  - Super Beefy Nachos
  - Side Salad
  - Black Beans
  - Golden Corn
  - Pears
  - Fresh Fruit
  - 100% Juice, Milk

- **Wednesday, Dec. 7**
  - Toasted Cheese Sandwich
  - Side Salad
  - Tomato Soup
  - Peaches
  - Fresh Fruit
  - 100% Juice, Milk

- **Thursday, Dec. 8**
  - Spaghetti/Meat Sauce w/Garlic Toast
  - Side Salad
  - Celery w/SB
  - Garden Peas
  - Pineapple
  - Fresh Fruit
  - 100% Juice, Milk

- **Friday, Dec. 9**
  - Bosco Sticks w/Marinara Sauce
  - Side Salad
  - Green Beans
  - Mandarin Oranges

### Additional Information
- **Available Daily**
  - Breakfast
    - Cereal, Snack Bars
    - Poptarts, Muffins
    - 100% Fruit Juice
    - Fresh/Canned Fruit
    - Low Fat Chocolate or White Milk
  - Lunch
    - PBJ, Cheeseburger, Chicken Sandwich
    - Pizza, Cold Entrée Salads & Wraps
    - Hot & Cold Veggies
    - Tossed Salad (Tues-Fri)
    - Canned/Fresh Fruit, 100% Fruit Juice
    - Low Fat Chocolate or White Milk

- **Menus are subject to change without notice due to supply chain issues.**

- **The original value meal and still a great deal!**
  - Breakfast
    - $1.30 Student
    - $2.25 Adult/Visitor
  - Lunch
    - $2.70 Student
    - $4.15 Adult/Visitor

- **Please keep a positive balance in your student(s) meal account(s).**
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<td><strong>Breakfast</strong></td>
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<tr>
<td>Egg &amp; Sausage Bites w/Toast</td>
<td>Fish Sticks MS 1 Roll/HS 2 Rolls</td>
<td>Creamy Oatmeal w/Cinnamon Toast</td>
<td>Biscuit &amp; Gravy w/Sausage Patty</td>
<td>Pancakes w/Syrup</td>
<td>Oatmeal Breakfast Round</td>
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<td>Applesauce, Fresh Fruit 100% Juice, Milk</td>
<td>Side Salad Garden Peas Baby Carrots Pears Fresh Fruit 100% Juice Milk</td>
<td>Banana, Raisins 100% Juice, Milk</td>
<td>Orange Wedges 100% Juice, Milk</td>
<td>Mixed Fruit, Fresh Fruit 100% Juice, Milk</td>
<td>Applesauce, Fresh Fruit 100% Juice, Milk</td>
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<td><strong>Lunch</strong></td>
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<tr>
<td>Breakfast Burrito (Bacon/Egg/Cheese) w/Salsa</td>
<td>Cheesy Egg Patty w/Cinnamon Toast Peaches, Fresh Fruit 100% Juice, Milk</td>
<td>General Tso Chicken w/Rice Side Salad Cucumber Coins/ Grape Tomatoes Mixed Veggies</td>
<td>Baked Ham MS 1 Roll/HS 2 Rolls Side Salad Green Beans Candied Sweet Potatoes Mixed Fruit Fresh Fruit 100% Juice Milk</td>
<td>Chicken Strips w/Rice Side Salad Celery w/SB Steamed Broccoli</td>
<td>Corn Dog Side Salad Green Beans Cooked Carrots Tropical Mixed Fruit Fresh Fruit 100% Juice Milk</td>
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<tr>
<td>Brunch for Lunch! Lunch Chicken n Waffles w/Syrup</td>
<td>Taco Tuesday!! Soft Beef Taco w/Sour Cream/Salsa Side Salad Refried Beans Golden Corn Strawberries Fresh Fruit 100% Juice Milk</td>
<td>Lettuce/Tomato/Pickle Side Salad French Fries Veggie Beans Applesauce Fresh Fruit 100% Juice Milk</td>
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<td><strong>Bonus:</strong> Fruit Roll Up</td>
<td><strong>Bonus:</strong> Cherry Crisp</td>
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**Holiday begins at the end of classes**

**Wednesday, Dec. 21**

**Classes resume:**

**Wednesday, Jan. 4**