

# DECEMBER 2021

# ROCK FALLS HIGH SCHOOL

## MONDAY

S = SANDWICH OPTION

M = MEAL OPTION

B = BREAKFAST

# = CALORIES

S – Hamburger #270 **6**

M – Country Fried Steak #260

B – Sausage Griddle #240

S Cheeseburger #290 **13**

M – Baked Chicken #300

B – Breakfast Pizza #200

NO SCHOOL **20**

NO SCHOOL **27**

## TUESDAY

S – Hot Dog #240 **7**

M – Burrito #320

B – Donut #270

S – Bosco Stick's #240 **14**

M – Mini Corn Dogs #280

B – Cinnamon Roll #210

NO SCHOOL **21**

NO SCHOOL **28**

## WEDNESDAY

S – BBQ Pulled Pork #250 **1**

M – Mostaccioli #310

B – Tac and Go #210

**1/2 DAY SIP** **8**

**NO LUNCH**

B – Ind Cereal #110

S – Grilled Cheese N Chili #280 **15**

M – Spaghetti #270

B – Breakfast Wrap w/ Ham #160

NO SCHOOL **22**

NO SCHOOL **29**

## THURSDAY

S – Corn dog #240 **2**

M – Chicken Stir Fry #250

B – Pancakes #220

S – Roast Beef N Cheese #280 **9**

M – Lasagna Roll-up #240

B – Flapstick #140

S – Brat #310 **16**

M – French Toast Sticks #260

B – Waffle's #250

NO SCHOOL **23**

NO SCHOOL **30**

## FRIDAY

S – Sloppy Joe #240 **3**

M – Pizza #330

B – Ham/Cheese Bagel #220

S – Sub #310 **10**

M – Pizza #330

B – Sausage/Egg/Cheese Bagel #245

**EARLY DISMISSAL** **17**

**NO LUNCH**

B – Sausage Gravy And Biscuit

NO SCHOOL **24**

NO SCHOOL **31**