

AUGUST 2023

ROCK FALLS HIGH SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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9

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11

14

15

16

17

18

B – HAM/CHEESE BISCUIT #220 **21**

LINE 1 – CHICKEN NUGGETS #270
LINE 2 – CHEESEBURGER #290
TURKEY/CHEESE SALAD # 250
DELI TURKEY SUB #270

B – DONUTS #270 **22**

LINE 1 – NACHO'S #270
LINE 2 – SUB SANDWICH #310
ITALIAN SALAD #280
BREAKFAST SANCK PACK #320

B – BREAKFAST PIZZA #220 **23**

LINE 1 – CHICKEN STIR FRY #240
LINE 2 – GRILLED CHEESE #280
CHICKEN ORIENTAL SALAD #250
ORIENTAL CHICKEN WRAP #270

B – FRENCH TOAST STIX #260 **24**

LINE 1 – SPAGHETTI #250
LINE 2 – CORN DOG #195
BLT SALAD #260
UNCRUSTABLE #300

B – SAUSAGE/EGG/CHEESE BISCUIT #300 **25**

BACK TO SCHOOL PICNIC
HOT DOG #240
HAMBURGER #270
BRAT #310

B – BREAKFAST BURRITO #220 **28**

LINE 1 – POPCORN CHICKEN #200
LINE 2 – HAMBURGER #270
COBB SALAD #270
SANCK PACK #300

B – Muffins **29**

LINE 1 – TACOS #320
LINE 2 – MR. RIBB #310
HOUSE SALAD #250
ITALIAN BEEF/SWISS SAMMIE #310

B – CHEESE OMELET #110 **30**

LINE 1 – BOSO STIX #240
BRAT #310
CHICKEN SANTA FE SALAD #280
EGG SALAD SANDWICH #280

B – FLAPSTICK #140 **31**

LINE 1 – MOSTACCIOLI #310
LINE 2 – PIZZA BURGER #270
TURKEY/BACON/RANCH SALAD #220
TURKEY/BACON/RANCH WRAP #240

B = BREAKFAST

LINE 1 – FIRST OPTION LEFT SIDE OF LINE
LINE 2 – SECOND OPTION – RIGHT SIDE OF LINE
- CALORIES