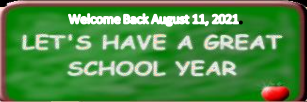


# ROYAL OAK MIDDLE SCHOOL MENU FALL 2021



**Breakfast And Lunch:**  
No Cost To Families



**Breakfast Entrees:**

## Assorted Breakfast Buffet

*A variety of fresh fruits and juices are available with breakfast. A variety of milk is available daily.*

### MONDAY

- Double Cheeseburger
- Peanut Butter & Jelly Uncrustable
- Daily Special
- Spicy or Regular Chicken Sandwich
- Yogurt with Granola
- Baby Carrots
- Garden Salad
- Potatoes(Spiral, Wedges,Fries)



### TUESDAY

- Papa John's Pizza
- Yogurt with Granola
- Baby Carrots
- Garden Salad
- Beans (Pinto, Black, Refreid, Garbanzo)



### WEDNESDAY

- Double Cheeseburger
- Peanut Butter & Jelly Uncrustable
- Daily Special
- Spicy or Regular Chicken Sandwich
- Yogurt with Granola
- Baby Carrots
- Garden Salad
- Broccoli



### THURSDAY

- Papa John's Pizza
- Yogurt with Granola
- Baby Carrots
- Garden Salad
- Mixed Vegetables



### FRIDAY

- Double Cheeseburger
- Peanut Butter & Jelly Uncrustable
- Baby Carrots
- Garden Salad
- S. lettuce & Pickles

- Daily Special
- Spicy or Regular Chicken Sandwich
- Yogurt with Granola



*A variety of fresh fruits and vegetables, side salads, frozen fruit ices and snacks are available with lunch. Selections vary daily. A variety of milk is available daily.*

For monthly emailed menus: visit [www.cousd.net](http://www.cousd.net), Departments, Food Services, Click the "Going Green!" Logo, Sign Up.



**This Institution Is An Equal Opportunity Provider**

\*\*\*All menu items subject to change due to availability.\*\*\*