

Rawlins Middle School

September

2022

Monday

Tuesday

Wednesday

Thursday

Friday

Please remember meals are no longer free to all students for the 2022-2023 School Year. Be prepared to put money into your students meal account. The Free & Reduced Price Applications are now available at crb1.net/meals

5 **No School Today**



6 Chef Choice
Cream Cheese Filled
Bagel
Yogurt Cup
Fresh Veggie
Fresh Fruit
Chocolate Milk
White Milk

7 Cheese Bites-
Jalapeno
Yogurt Cup
Fresh Veggie
Fresh Fruit
Juice
Chocolate Milk
White Milk

8 Boiled Egg
Hashbrown Patty
Cheese Stick
Graham Snack
Chilled Canned Fruit
Chocolate Milk
White Milk

9 Chef Choice
Cereal
Fresh Veggie
Fresh Fruit
Yogurt Cup
Graham Snack
Chocolate Milk
White Milk

12 Chef Choice
Cereal
Fresh Veggie
Fresh Fruit
Yogurt Cup
Graham Snack
Chocolate Milk
White Milk

13 Chef Choice
Pancake Wrap
Fresh Veggie
Yogurt Cup
Chilled Canned Fruit
Chocolate Milk
White Milk

14 Chef Choice
Bagel w/Cream
Cheese
Fresh Veggie
Fresh Fruit
Chocolate Milk
White Milk

15 Apple Cinnamon
Muffin
Yogurt Cup
Fresh Veggie
Canned Fruit
1% White Milk
White Milk

16 Chef Choice
Cereal
Fresh Veggie
Fresh Fruit
Yogurt Cup
Graham Snack
Chocolate Milk
White Milk

19 **No School Today**

Professional Development

20 Chef Choice
Biscuit Sandwich
Orange Slices
Applesauce Cup
Chocolate Milk
White Milk

21 Chef Choice
Yogurt Cup
Fresh Fruit
Graham Snack
Craisins
Chocolate Milk
White Milk

22 Breakfast Pizza
Sausage
Canned Fruit
Fresh Veggie
Chocolate Milk
White Milk

23 Chef Choice
Cereal
Fresh Veggie
Fresh Fruit
Yogurt Cup
Graham Snack
Chocolate Milk
White Milk

26 Chef Choice
Cereal
Fresh Veggie
Fresh Fruit
Yogurt Cup
Graham Snack
Chocolate Milk
White Milk

27 Chef Choice
Cream Cheese Filled
Bagel
Yogurt Cup
Fresh Veggie
Fresh Fruit
Chocolate Milk
White Milk

28 Cheese Bites-
Jalapeno
Yogurt Cup
Fresh Veggie
Fresh Fruit
Chocolate Milk
White Milk

29 Boiled Egg
Hashbrown Patty
Cheese Stick
Graham Snack
Chilled Canned Fruit
Chocolate Milk
White Milk

30 Chef Choice
Cereal
Fresh Veggie
Fresh Fruit
Yogurt Cup
Graham Snack
Chocolate Milk
White Milk

This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

A variety of condiments available where applicable.