





May 2025

RUGBY SCHOOLS BREAKFAST & LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday 
<p>~Ely Breakfast: Cereal, toast, peanut butter, WOW butter, jelly, fruit, 1% white milk, skim chocolate milk, and fruit juice are offered daily.</p> <p>~High school breakfasts are grab-and-go Power Packs served from the breakfast cart (no fixed menu.)</p> <p>~Bread, peanut butter, WOW butter, jelly, salad bar with various fruits and vegetables, 1% white milk, and skim chocolate milk are offered daily at lunch.</p> <p>~All bread offerings are whole grain.</p> <p>-Due to the national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!</p> <p>This institution is an Equal Opportunity Provider.</p>			<p>1</p> <p>Benefit Bars</p> <p>Ground Beef Stroganoff</p> <p>Cooked Carrots</p>	<p>2 </p> <p>Yogurt & Grahams</p> <p>Ely: Corn Dogs Potatoes</p> <p>HS: Baked Potato Bar</p>
<p>5</p> <p>French Toast</p> <p>Grilled Cheese</p> <p>Tomato Soup</p>	<p>6</p> <p>Mini Bagels</p> <p>Sloppy Joes</p> <p>Chips</p>	<p>7</p> <p>Muffin & String Cheese</p> <p>Tacos</p> <p>Black Beans</p> <p>Early Out 1:30</p>	<p>8</p> <p>Rice Krispie Bar</p> <p>Popcorn Chicken</p> <p>Potatoes</p>	<p>9</p> <p>Yogurt & Granola</p> <p>Hamburgers</p> <p>French Fries</p>
<p>12</p> <p>Pancake on a Stick</p> <p>Hot Ham & Cheese</p> <p>Baked Beans</p>	<p>13</p> <p>Donuts</p> <p>Pulled Pork</p> <p>Waffle Fries</p>	<p>14</p> <p>Muffin & String Cheese</p> <p>Orange Chicken</p> <p>Rice</p>	<p>15</p> <p>Pop Tarts</p> <p>Cook's Choice</p>	<p>16</p> <p>Yogurt</p> <p>Granola</p> <p>Hamburger Hotdish</p> <p>Corn</p>
<p>19</p> <p>Cereal</p> <p>Toast</p> <p>Cook's Choice</p> 	<p>20</p> <p>Cereal</p> <p>Toast</p> <p>Cook's Choice</p> 	<p>21</p> <p>Cereal</p> <p>Toast</p> <p>Cook's Choice</p> 	<p>22</p> <p>Cereal</p> <p>Toast</p> <p>Cook's Choice</p>	<p>23</p> <p>Cereal</p> <p>Toast</p> <p>Cook's Choice</p> <p>Early Out 1:30</p>

Have a Great Summer!!