

September 2026

RUGBY PUBLIC SCHOOLS BREAKFAST & LUNCH MENU

-Ely serves breakfast in the cafeteria from 8:00-8:35 with a grab and go option after 8:35.-High School breakfast is available from 8:00-8:35.

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 Rice Krispies Bar String Cheese Corndogs Tator Tots	1 Breakfast Breads Spaghetti with Meat Sauce Garlic Toast	2 Muffin String Cheese Sloppy Joes Baked Beans Chips	3 Waffles Meatballs in Gravy Mashed Potatoes Corn	4 Yogurt & Granola Chickenburgers Potatoes
 No School	8 Benefit Bar Tacos Cheesy Refried Beans	9 Muffin String Cheese Chicken Alfredo Steamed Broccoli	10 Pancakes Crisпитos Rice	11 Yogurt & Grahams Homecoming Picnic
14 Rice Krispies Bar String Cheese Meat & Cheese Subs Chips	15 Breakfast Pizza  Popcorn Chicken Mashed Potatoes Gravy	16 Muffin String Cheese Chili Breadsticks Early Out: 1:30	17 Mini Donuts Grilled Cheese Tomato Soup	18 Yogurt & Granola BBQ Pork on a Bun Waffle Fries
21 Little Johns Super Nachos Black Beans	22 French Toast Sticks  French Bread Pizza Green Beans	23 Muffin String Cheese Beef Stroganoff Noodles Cooked Vegetables	24 Breakfast Breads Hot Ham & Cheese Sandwich Baked Beans	25 Yogurt & Grahams H.S.: Baked Potato Bar Ely: Chicken Drumsticks Mashed Potatoes Gravy
28 Waffles Lasagna Rollups Garlic Toast	29 Breakfast Sandwich Tator-Tot Hotdish Corn	30 Muffins String Cheese Orange Chicken Rice	~Ely Breakfast: Cereal, toast, peanut butter, jelly, fruit, 1% white milk, skim chocolate milk, and fruit juice are offered daily. ~High school breakfasts are grab-and-go Power Packs served from the breakfast cart (no fixed menu.) ~Bread, peanut butter, jelly, salad bar with various fruits and vegetables, 1% white milk, and skim chocolate milk are offered daily at lunch. ~All bread offerings are whole grain. --Menu items may change due to availability. This institution is an Equal Opportunity Provider.	

In matters of style, swim with the current; in matters of principle, stand like a rock. ~ Thomas Jefferson