

October 2026

RUGBY PUBLIC SCHOOLS BREAKFAST & LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
~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. ~This institution is an Equal Opportunity Provider.			1 Pancakes Corndogs Baked Beans Potato Wedges	2 Yogurt & Grahams Pizza Green Beans
5 Mini Cinnis Hamburgers French Fries	6 Breakfast Pizza Tacos Cheesy Refried Beans	7 Muffin String Cheese Chicken Strips Mashed Potatoes Gravy	8 Cream Cheese Bagels Sloppy Joes Potatoes	9 Yogurt & Granola Chicken Alfredo Steamed Broccoli
12  No School	13 Benefit Bar BBQ Pulled Pork Waffle Fries	14 Muffin String Cheese Grilled Cheese Tomato Soup	15 Breakfast Breads Hamburger Gravy Mashed Potatoes Corn Dinner Roll	16 Yogurt & Grahams Super Nacho Black Beans
19 Pop Tarts String Cheese Crispitos Cheese Sauce Rice Parent Teacher Conferences	20 Scrambled Eggs Chicken Burgers Curly Fries	21 Muffin String Cheese Chili Breadsticks	22  No School	23
26 Omelets Popcorn Chicken Mashed Potatoes Gravy	27 Mini Donuts French Bread Pizza Green Beans	28 Muffin String Cheese Beef Stroganoff and Noodles Vegetables	29 Breakfast Sandwich Hot Ham & Cheese Baked Beans	30 Yogurt & Granola Orange Chicken Rice

A single act of kindness throws out roots in all directions and the roots spring up and make new trees.
Amelia Earhart