

Rossford Jr-Sr High

BREAKFAST

Breakfast includes: Fresh or Cupped Fruit, Juice, Milk and on of the entrees below. Breakfast is a Grab n' Go

Monday

On-line Learning Day

Tuesday

Pop Tart or Muffin

Wednesday

Pop Tart or Muffin

Thursday

Donuts or Yogurt/Granola

Friday

Donuts or Yogurt/Granola

Breakfast Meal

Student \$2.00
Reduced \$.30
Free for qualifying students.

September 2020

Lunch Meal

JH Student \$3.10
HS Student \$3.35
Reduced \$.40
Free for qualifying Students

Daily Fruit Choices

The following fruit choices are ½ Cup servings. JHS students may choose one and HS students may choose two.

Apple
Banana
Grapes
Oranges
Applesauce Cup
Juice Cup
Peach Cup
Pear Cup
Pineapple Cup

Bulldog Cafe

Daily Entrée Choices:

Chicken Patty Sandwich
Spicy Chicken Sandwich
Hamburger
Cheeseburger
PB&J Sandwich
Ham & Cheese Sandwich

Weekly Specials:

Sept 1-4 Stromboli
Sept 8-11 Chicken Nuggets
Sept 15-18 Mac & Cheese Bowl
Sept 22-25 Teriyaki Chicken Bowl

Daily Vegetable Choices

The following vegetable choices are ½ Cup Servings. Students may choose two.

Salad with Dressing
Cucumber Slices
Broccoli with Ranch
Cauliflower with Ranch
Black Bean Salsa
Hummus Cup
Salsa Cup
Carrot Sticks
Baked Potato with Butter and Sour Cream

FYI

Ham & Cheese Meal is available daily for \$1.25. It includes vegetables, fruits and milk.

Adult Meal price is \$4.15 and includes Water or Milk

Free and reduced applications are available on-line at the Food Service Website. You may also apply on-line at www.lunchapplication.com

You can reach Food service at: 419-661-2832

Snack Shack

Daily Entrées Include:

Ham & Cheese or PB&J

September 1-4

Bagel/Cream Cheese, Yogurt, String Cheese, Carrots with Hummus & Apple

September 8-11

Chicken Salad Croissant, Garden Salad & Applesauce Cup

September 15-18

Ham & Swiss Croissant, Broccoli with Ranch & Pineapple Cup

September 22-25

Southwest Chicken Wrap, Garden Salad and Grapes

Ala-Carte

These ala-carte items are available at the Snack Shack

Milk	\$.50
Bottled Water Small	\$.50
Bottled Water Large	\$1.00
Bottled Juice	\$1.25
Switch	\$1.00
Arizona Cans	\$.75
Fruit 2 O	\$1.00
Gatorade	\$1.00
Sparkling Ice	\$1.25

Food Service News

Don't forget breakfast is served at both entrances to the Jr-Sr High. It is Grab n' Go. Take it with you to your first class.

This institution is an equal opportunity provider.