

welcome back

MENUS FOR

MIDDLE SCHOOL AUGUST 2025

Roseville City School District

This institution is an equal opportunity provider. Menus are subject to change.

We're proud to help keep America strong

Most folks don't know that the National School Lunch Program began in the years after World War II because so many recruits had been deferred from war-time service due to malnutrition. So serving meals at school began as a national defense strategy! School meals were good for kids, good for families – and good for our nation. And we're still here for you, day in and day out, all year long. Welcome back!!

School Meals

We serve education every day™

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

ROSEVILLE CITY SCHOOL DISTRICT



**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**

Thursday, August 7

Breakfast

CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, August 8

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

Monday, August 11

Breakfast

COUNTRY BREAKFAST
SCRAMBLE
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS, ,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, August 12

Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch

FRENCH BREAD
CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wednesday, August 13

Breakfast

SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, August 14

Breakfast

MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL

Friday, August 15

Breakfast

CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

FRUIT

Yellow Peppers



Sweet yellow peppers are great for variety and color in a snack bag or veggie tray. And just a quarter of a large yellow pepper provides all the vitamin C our bodies need for a whole day!

OF THE MONTH

Available Daily

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily
LUNCH options:

DELI SANDWICH
LARGE SALAD
PIZZA (select varieties)

Monday, August 18

Breakfast
FIESTA BREAKFAST
SCRAMBLE
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
ROTINI WITH MEAT SAUCE

Tuesday, August 19

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
FRENCH BREAD
CHEESE PIZZA
OR
CHICKEN TACO

Wednesday, August 20

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, August 21

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, August 22

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

★ OUR NATION'S HISTORY ★

On August 28, 1963, during the March on Washington, Martin Luther King, Jr., delivered his famous "I Have a Dream" speech to a crowd of a quarter-million people. Amazingly, the words "I have a dream" were not in the speech King had prepared -- he improvised that theme, meaning that he worked it into the speech on the spot!



★ WITH LIBERTY & JUSTICE FOR ALL ★

Hang in there, Dawg!

They call this time of year the "dog days." It's hot. Still. You're in school. Already. Folks are a bit testy. But it won't stay this hot forever. Relief is in sight. We promise.



DON'T 4GET!

Take at least ONE

FRUIT or VEGGIE

and at least THREE

items total so your meal counts as a complete lunch!

Monday, August 25

Breakfast
COUNTRY BREAKFAST
SCRAMBLE
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, August 26

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
FRENCH BREAD
CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wednesday, August 27

Breakfast
SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, August 28

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL

Friday, August 29

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE