

Start your day with a HOT
breakfast!
7:40-8:00 am

APRIL 2021

Dubois Rams K-12 Breakfast and Lunch Menu

FCSD #2 is an equal
opportunity provider. Our
menu is subject to change

Monday

Tuesday

Wednesday

Thursday

Friday

Sample our new **LOW ADDED SUGAR** Breakfast items!

April 6th-Apple Cinnamon Oat Bars

April 13th-Ham & Cheese Muffins

*Give us your feedback! *



5
Breakfast
W/G French Toast & Sausage
Lunch
#1 Chili Cheese Fritos
#2 Pizza

6
Breakfast
Egg and Cheese Croissant
***Sample Apple Cinnamon Oat Bars**
Lunch
#1 BBQ Pork on W/G Roll
#2 Chicken Patty on W/G Roll

7
Breakfast
W/G Waffles & Bacon
Lunch
#1 Macaroni & Cheese
W/G Bread Stick
#2 Pork Rib on W/G Roll

8
Breakfast
Cheesy Omelet
Lunch
#1 Mandarin Orange Chicken
W/G Rice
#2 Hot Dog on W/G Roll
Chips

9
Breakfast
W/G long John
Lunch
#1 Beefy Nachos
#2 Cheese and Pepperoni Bread
Marinara Sauce

12
Breakfast
W/G French Toast & Sausage
Lunch
#1 Country Fried Steak
Mashed Potatoes & Gravy
W/G Dinner Roll
#2 Pizza

13
Breakfast
Yogurt Parfait
***Sample Ham & Cheese Muffins**
Lunch
#1 Beef Taco
#2 Cheeseburger on W/G Roll
Seasoned Fries

14
Breakfast
W/G Waffles & Bacon
Lunch
#1 Pasta with Marinara Sauce
W/G Bread Stick
#2 Chicken Nuggets

15
Breakfast
W/G Pancakes
Lunch
#1 Sweet & Sour Chicken
W/G Rice
#2 Sloppy Joe on W/G Roll
Chips



19
Breakfast
W/G French Toast & Sausage
Lunch
#1 BBQ Chicken Wings
W/G Dinner Roll
Garlic Roasted Red Potatoes
#2 Pizza

20
Breakfast
Egg and Cheese Croissant
Lunch
#1 Grilled Cheese & Tomato Soup
#2 Chicken Patty on W/G Roll

21
Breakfast
W/G Waffles & Bacon
Lunch
#1 Cheesy Tator Casserole
W/G Bread Stick
#2 Pork Rib on W/G Roll

22
Breakfast
Cheesy Omelet
Lunch
#1 Chicken Club
#2 Hot Dog on W/G Roll
Chips



26
Breakfast
W/G French Toast & Sausage
Lunch
#1 Scalloped Potatoes & Ham
W/G Dinner Roll
#2 Pizza

27
Breakfast
Yogurt Parfait
Lunch
#1 Chicken Fajitas
#2 Cheeseburger on W/G Roll
Seasoned Fries

28
Breakfast
W/G Waffles & Bacon
Lunch
#1 Chicken Parmesan
W/G Bread Stick
#2 Chicken Nuggets

29
Breakfast
W/G Pancakes
Lunch
#1 Teriyaki Chicken
W/G Rice
#2 Sloppy Joe on W/G Roll
Chips

30
Breakfast
W/G long John
Lunch
#1 Beefy Nachos
#2 Cheese and Pepperoni Bread
Marinara Sauce

Available Daily

Breakfast: In addition to the entrée: Crispy whole grain toast, assorted whole grain cereals, assorted fresh fruit, juice, and LF milk.

Lunch: In addition to the entrée: Steamed vegetables, fresh vegetables, or tossed salad. Fresh or canned fruit, condiments, and LF milk.

Available Daily for grades 6-12: Chef Salads as menu choice served with W/G rolls. **Grades 6-12 have THREE choices every day!**

Grab and Go items are available for purchase daily at breakfast for grades 5-12