



FOLLOW US ON INSTAGRAM  
@rosemeadcafe

# November

**FREE  
BREAKFAST  
AND LUNCH  
FOR ALL  
STUDENTS**

Menu are subject to change without prior notice

**MONDAY**

**TUESDAY**



**WEDNESDAY**

**THURSDAY**

**FRIDAY**

LUNCH CHOICES INCLUDES  
ASSORTED FRESH FRUIT,  
VEGETABLES, AND 1% OR FAT  
FREE MILK



<p>4</p> <p>Egg, Cheese &amp; Beef Chorizo Burrito</p> <p>Kickin' Nuggets with Freshly Baked Chocolate Chip Cookie 🥥🌱</p>	<p>5</p> <p>Apple Mini Breakfast Bites</p> <p>Spicy Italian or Turkey Cold Cut Deli Sandwich with Garbanzo Bean Salad 🥥</p>	<p>6</p> <p>Assorted BeneFIT Bar</p> <p>Pasta Bolognese, Breadstick, and Garlicky Broccoli 🥥</p>	<p>7</p> <p>Bagel with Cream Cheese</p> <p>Chicken &amp; Veggie Dumplings with Sesame Ginger Salad 🥥</p>	<p>1</p> <p>Chocolate Chip Muffin</p> <p>Beef Taco Stick with Chipotle Southwest Salad 🥥</p>
<p>11</p> <p><b>HAPPY Veterans DAY</b></p>	<p>12</p> <p>Colby Cheese Omelet with Biscuit</p> <p>Crunchy Beef Taco, Mexican Rice, Refried Beans 🥥</p>	<p>13</p> <p>Freshly Baked Cinnamon Rolls 🥥</p> <p>Hamburger or Cheeseburger with Seasoned Wedge Fries</p>	<p>14</p> <p>Ham &amp; Cheese Croissant</p> <p>Mandarin Orange Chicken, Brown Rice &amp; Garlicky Broccoli 🥥</p>	<p>15</p> <p>Double Chocolate Chip Muffin</p> <p>Pepperoni or Cheese Pizza with Kale Caesar Salad 🥥</p>
<p>18</p> <p>Strawberry Mini Bagel</p> <p>Chicken Nuggets with Goldfish Cheddar Crackers</p>	<p>19</p> <p>Scrambled Egg with Toast 🥥</p> <p>100% Beef Hot Dog on a Bun with BBQ Beans 🥥</p>	<p>20</p> <p>Eggoji Waffle with Syrup</p> <p>Breaded Chicken Drumsticks, Mashed Potatoes, and Garlic Knot 🥥</p>	<p>21</p> <p><b>THANKFUL</b></p> <p>Ultimate Breakfast Rounds (UBR)</p> <p>Turkey &amp; Gravy with Mashed Potatoes, Garlicky Broccoli, &amp; Dinner Roll 🥥</p>	<p>22</p> <p>Freshly Baked Blueberry Lemon Scones 🥥</p> <p>Galaxy Cheese or Pepperoni Pizza with Kale Caesar Salad 🥥</p>
<p>25</p> <p></p> <p><b>T H A N K S G I V I N G</b></p>	<p>26</p>	<p>27</p>	<p>28</p> <p><b>B R E A K</b></p>	<p>29</p> <p></p>



FRESHLY PREPARED  
PLANT-BASED

Mon - Grilled Cheese Sandwich  
Tu - Bean & Cheese Burrito  
Wed - Cheesy Pull Apart  
Th - Three Cheese Calzone  
Fri - Chicken Caesar Wrap or Turkey Bacon Club



This institution is an equal opportunity provider