



FOLLOW US ON INSTAGRAM
@rosemeadcafe

September

**FREE
BREAKFAST
AND LUNCH
FOR ALL
STUDENTS**

Menu are subject to change without prior notice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>2</p>	<p>3</p> <p>Mango Lassi Smoothie with Cracker</p> <p>Turkey Bacon Club Sandwich with Sun Chips</p>	<p>4</p> <p>Breakfast Pizza Bagel</p> <p>Breaded Chicken Sandwich with Seasoned Wedges</p>	<p>5</p> <p>Freshly Baked Chocolate Scones</p> <p>Teriyaki BBQ Chicken, Brown Rice & Garlicky Broccoli</p>	<p>6</p> <p>Chocolate Chip Muffin</p> <p>Beef Taco Stick with Chipotle Southwest Salad</p>
<p>9</p> <p>Egg, Cheese & Beef Chorizo Burrito</p> <p>Kickin' Nuggets with Freshly Baked Chocolate Chip Cookie</p>	<p>10</p> <p>Apple Mini Breakfast Bites</p> <p>BBQ Chicken Drumstick, Hawaiian Roll, and Roasted Corn</p>	<p>11</p> <p>Assorted BeneFIT Bar</p> <p>Pasta Bolognese, Breadstick, and Garlicky Broccoli</p>	<p>12</p> <p>Bagel with Cream Cheese</p> <p>Chicken & Veggie Dumplings with Sesame Ginger Salad</p>	<p>13</p> <p>Housemade Cinnamon Pancake Squares</p> <p>Cheeseburger Sliders with BBQ Baked Beans</p>
<p>16</p> <p>Assorted Concha</p> <p>Chicken Smackers, Mashed Potatoes, Corn & Hawaiian Roll</p>	<p>17</p> <p>Colby Cheese Omelet with Biscuit</p> <p>Crunchy Beef Taco, Mexican Rice, Refried Beans</p>	<p>18</p> <p>Freshly Baked Cinnamon Rolls</p> <p>Hamburger or Cheeseburger with Seasoned Fries</p>	<p>19</p> <p>Ham & Cheese Croissant</p> <p>Mandarin Orange Chicken, Brown Rice & Garlicky Broccoli</p>	<p>20</p> <p>Double Chocolate Chip Muffin</p> <p>Pepperoni or Cheese Pizza with Kale Caesar Salad</p>
<p>23</p> <p>Strawberry Mini Bagel</p> <p>Chicken Nuggets with Goldfish Cheddar Crackers</p>	<p>24</p> <p>Scrambled Egg with Toast</p> <p>100% Beef Hot Dog on a Bun with BBQ Beans</p>	<p>25</p> <p>Eggoji Waffle with Syrup</p> <p>Breaded Chicken Drumsticks, Mashed Potatoes, and Garlic Knot</p>	<p>26</p> <p>Ultimate Breakfast Rounds (UBR)</p> <p>Spaghetti & Meatballs with Garlicky Broccoli</p>	<p>27</p> <p>Freshly Baked Blueberry Lemon Scones</p> <p>Galaxy Cheese or Pepperoni Pizza with Kale Caesar Salad</p>
<p>30</p> <p>Breakfast Sausage Sandwich on Biscuit</p> <p>Chicken Tenders with Brownie Bite</p>	 <p>FRESHLY PREPARED PLANT-BASED</p>	 <p>Mon - Grilled Cheese Sandwich</p> <p>Tu - Bean & Cheese Burrito</p> <p>Wed - Cheesy Pull Apart</p> <p>Th - Cheese Calzone</p> <p>Fri - Chicken Caesar Wrap</p>	 <p>MEAL INCLUDES ASSORTED FRESH FRUIT, VEGETABLES, AND 1% OR FAT FREE MILK</p>	

