



FOLLOW US ON INSTAGRAM
@rosemeadcafe

January



**FREE
BREAKFAST
AND LUNCH
FOR ALL
STUDENTS**

Menu are subject to change without prior notice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mon - Grilled Cheese Sandwich

Tu - Bean & Cheese Burrito

Wed - Cheesy Pull Apart

Th - Three Cheese Calzone

Fri - Chicken Caesar Wrap or
Turkey Bacon Club

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



HAPPY NEW YEAR

6



7

Mini Pancake Sausage Bites

Galaxy Cheese or Pepperoni Pizza and
Garlicky Broccoli

8

Bagel with Cream Cheese

Chicken & Veggie Dumplings, Fortune
Cookie, and Sesame Ginger Salad

9

Egg, Sausage & Cheese Tornado
Cheeseburger Sliders, Crinkle Cut
Fries, and BBQ Baked Beans

10

NEW

13

Breakfast Apple Mini Bites

Boneless Chicken Wings, Mashed
Potatoes, Steamed Corn, and Dinner
Roll

14

Colby Cheese Omelet with Biscuit

Crunchy Beef Taco, Mexican Rice,
Elote Salad, and Refried Beans

15

Freshly Baked Cinnamon Rolls

Grassfed Hamburger or Cheeseburger
with Seasoned Wedge Fries

NEW

16

Ham & Cheese Croissant

Mandarin Orange Chicken, Brown
Rice, Fortune Cookie, and Garlicky
Broccoli

17

Double Chocolate Chip Muffin

Pepperoni or Cheese Pizza with Kale
Caesar Salad

20



Scrambled Egg with Toast

100% Grassfed Beef Hot Dog on a Bun
with BBQ Beans

NEW

21

Eggoji Waffle with Syrup

Breaded Chicken Drumsticks, Mashed
Potatoes, and Garlic Knot

22

Freshly Baked Ultimate Breakfast
Rounds (UBR)

Spaghetti & Meatballs with Garlicky
Broccoli

23

Freshly Baked Blueberry Lemon
Scones

Galaxy Cheese or Pepperoni Pizza with
Kale Caesar Salad

24

27

Breakfast Sausage Sandwich

Three Cheese Cavatappi with Garlic
Breadsticks

28

French Toast with Turkey Sausage

Chicken Taquitos, Guacamole and
Refried Beans

29

Assorted BeneFIT Bar

Breaded Chicken Filet Sandwich with
Seasoned Wedges

30

Freshly Baked Chocolate Scones

Teriyaki BBQ Chicken, Brown Rice,
Fortune Cookie, and Garlicky Broccoli

31

Chocolate Chip Muffin

Beef Taco Stick with Chipotle
Southwest Salad



FRESHLY PREPARED

PLANT-BASED



This institution is an equal
opportunity provider