



FOLLOW US ON INSTAGRAM  
@rosemeadcafe



# October



**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><b>1</b></p> <p>Mango Lassi Smoothie with Cracker 🥥</p> <p>Chicken Taquitos, Mexican Rice, Guacamole and Refried Beans 🥥</p>	<p><b>2</b></p> <p>Breakfast Pizza Bagel</p> <p>Breaded Chicken Sandwich with Seasoned Wedges</p>	<p><b>3</b></p> <p>Freshly Baked Chocolate Scones 🥥</p> <p>Teriyaki BBQ Chicken, Brown Rice &amp; Garlicky Broccoli 🥥</p>	<p><b>4</b></p> <p>Chocolate Chip Muffin</p> <p>Beef Taco Stick with Chipotle Southwest Salad 🥥</p>
<p><b>7</b></p> <p>Egg, Cheese &amp; Beef Chorizo Burrito</p> <p>Kickin' Nuggets with <b>B</b>ArrrrrrBQ Sauce and Freshly Baked Chocolate Chip Cookie 🌿</p>	<p><b>8</b></p> <p>Apple Mini Breakfast Bites</p> <p>Spicy Italian Sandwich or Cold Cut "Walk the Plank!" Deli Sandwich with Cucumber &amp; Tomato Salad 🥥</p>	<p><b>9</b></p> <p>Assorted Benefit Bar</p> <p>Cheesy "Ahoy!" Pull Aparts with Marinara and Garlicky Broccoli or Manager's Special 🍷</p>	<p><b>10</b></p> <p>Bagel with Cream Cheese</p> <p>"Shiver Me!" Three Cheese Calzones or Manager's Special 🦋</p>	<p><b>11</b></p> <p>Housemade Cinnamon Pancake Squares 🥥</p> <p>Cheeseburger "Mateys!" Sliders with BBQ Baked Beans or Manager's Special</p>
<p><b>14</b></p> <p>Assorted Concha</p> <p>Chicken Smackers, Mashed Potatoes, Corn &amp; Hawaiian Roll</p>	<p><b>15</b></p> <p>Colby Cheese Omelet with Biscuit</p> <p>Crunchy Beef Taco, Mexican Rice, Refried Beans 🥥</p>	<p><b>16</b></p> <p>Freshly Baked Cinnamon Rolls 🥥</p> <p>Hamburger or Cheeseburger with Seasoned Fries</p>	<p><b>17</b></p> <p>Ham &amp; Cheese Croissant</p> <p>Mandarin Orange Chicken, Brown Rice &amp; Garlicky Broccoli 🥥</p>	<p><b>18</b></p> <p>Double Chocolate Chip Muffin</p> <p>Pepperoni or Cheese Pizza with Kale Caesar Salad 🥥</p>
<p><b>21</b></p> <p>Strawberry Mini Bagel</p> <p>Chicken Nuggets with Goldfish Cheddar Crackers</p>	<p><b>22</b></p> <p>Scrambled Egg with Toast</p> <p>100% Beef Hot Dog on a Bun with BBQ Beans 🥥</p>	<p><b>23</b></p> <p>Eggoji Waffle with Syrup</p> <p>Breaded Chicken Drumsticks, Mashed Potatoes, and Garlic Knot</p>	<p><b>24</b></p> <p>Ultimate Breakfast Rounds (UBR)</p> <p>Spaghetti &amp; Meatballs with Garlicky Broccoli 🥥</p>	<p><b>25</b></p> <p>Freshly Baked Blueberry Lemon Scones 🥥</p> <p>Galaxy Cheese or Pepperoni Pizza with Kale Caesar Salad 🥥</p>
<p><b>28</b></p> <p>Breakfast Sausage Sandwich on Biscuit 🥥</p> <p>Chicken Tenders with Brownie Bite</p>	<p><b>29</b></p> <p>Mango Lassi Smoothie with Cracker 🥥</p> <p>Chicken Taquitos, Mexican Rice, Guacamole and Refried Beans</p>	<p><b>30</b></p> <p>Breakfast Pizza Bagel</p> <p>Breaded Chicken Sandwich with Seasoned Wedges</p>	<p><b>31</b></p> <p>Freshly Baked Chocolate Scones 🥥</p> <p>Teriyaki BBQ Chicken, Brown Rice &amp; Garlicky Broccoli 🥥</p>	



**FRESHLY PREPARED**

**PLANT-BASED**

### WEEKLY OFFERINGS

- 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