

BREAKFAST COMBOS



Available before school and at break

- BREAKFAST BAGEL SANDWICH (T & Th)
- EGG & CHEESE CROISSANT (M, W & F)
- PANCAKE ON A STICK
- BREAKFAST BURRITO
- BREAKFAST TORNADO
- BAGEL W/ CREAM CHEESE
- GLAZED CINNAMON ROLL
- MUFFIN or PUMPKIN BREAD
- VARIETY WHOLE GRAIN CEREAL

\$2.00
Reduced: \$ 0.30
Free: to qualifying students

Includes

MUST TAKE AT LEAST 1 SERVING OF FRUIT OR JUICE

- FRESH FRUIT
- YOGURT (M,W,F)
- HASH BROWN (T&Th)
- CHOICE OF MILK
- ASSORTED JUICE



MURRIETA MESA



RAMS DEN

DAILY SPECIALS



MON Meatless Monday Special or ORANGE CHICKEN & BROWN RICE

TUES PASTA W/ MEAT SAUCE & TEXAS TOAST or TERIYAKI CHICKEN & BROWN RICE

WED CHICKEN BITES W/ ONION RINGS or CHICKEN CHOW MEIN & EGG ROLL

THUR PULLED PORK ON BUN or ORANGE CHICKEN & BROWN RICE

FRI BUILD YOUR OWN BEEF NACHOS or TERIYAKI CHICKEN & BROWN RICE

INCLUDES FRESH FRUIT, APPLESAUCE, SALAD, CARROTS W/ RANCH OR HUMMUS, POTATO WEDGES (FRIDAYS), WHITE MILK OR CHOCOLATE MILK

*MUST TAKE AT LEAST 1 FRUIT OR VEGETABLE

GRAB & GO COMBOS

\$3.25
Reduced: \$ 0.40
Free: to qualifying students

- FRESHLY MADE WRAPS
 - CHICKEN CAESAR SALAD
 - CHINESE CHICKEN SALAD
 - ASIAN EDAMAME SALAD
 - SOUTHWEST SALAD
 - HUMMUS PLATE
 - PB&J SNACK PACK
 - FRESH FRUIT PLATE
 - RAMS PIZZA
 - CHICKEN BURGER
 - SPICY CHICKEN BURGER
 - BEAN & CHEESE BURRITO
 - STEAK BURGER
 - CHEESEBURGER
 - GRILLED CHICKEN SANDWICH
- *Seasonal

HOT OFF THE GRILL

A LA CARTE



- PAPA JOHNS PIZZA \$2.25
- REGULAR OR SPICY CHICKEN BURGER \$2.25
- BEAN & CHEESE BURRITO \$2.25
- HAMBURGER OR CHEESEBURGER \$2.25
- CORN DOG \$1.00

Add fresh fruit, carrots, salad & milk for \$3.25 total!

- PICK UP STIX- WEDNESDAYS \$3.00
- TORNADO \$1.75
- YOGURT PARFAIT \$2.00
- FRESH CUT FRUIT BOWL \$2.00
- FRESH WHOLE FRUIT \$0.50
- STRING CHEESE \$0.50
- ASSORTED SNACKS & CHIPS \$0.50-\$1.00

BREAKFAST A LA CARTE



Available before school and at break

- BREAKFAST BAGEL SANDWICH (T-F) \$2.25
- BREAKFAST TORNADO \$1.75
- SMALL YOGURT \$0.75
- YOGURT PARFAIT W/GRANOLA \$2.00
- FRESH CUT FRUIT BOWL \$2.00

BEVERAGES



- MILK- WHITE OR CHOCOLATE \$0.50
- BOTTLED WATER \$1.00
- BOTTLED JUICE \$2.00
- GATORADE 12 OZ \$1.50
- POWERADE 20 OZ \$2.00
- TEA FLAVORED BEVERAGE \$1.75

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER
MENU SUBJECT TO CHANGE WITHOUT NOTICE

Visit our website to set up a MySchoolBucks account, access nutrition information and sign up to have menus e-mailed
www.MurrietaSchoolNutrition.com