

BREAKFAST COMBOS



Available before school and at break

BREAKFAST BAGEL SANDWICH



Freshly Baked

LEMON BLUEBERRY SCONE

BREAKFAST BURRITO

BREAKFAST TORNADO

BAGEL W/ CREAM CHEESE

GLAZED CINNAMON ROLL

CHOCOLATE MUFFIN

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 | RAMS PIZZA |
| CHICKEN CAESAR SALAD | CHICKEN BURGER |
| CHINESE CHICKEN SALAD | SPICY CHICKEN BURGER |
| ASIAN EDAMAME SALAD ✓ | BEAN & CHEESE BURRITO ✓ |
| SOUTHWEST SALAD ✓ | |
| HUMMUS PLATE ✓ | |
| PB&J SNACK PACK ✓ | |
| FRESH FRUIT PLATE ✓ | |
- *Seasonal

HOT OFF THE GRILL

- STEAK BURGER
- CHEESEBURGER
- GRILLED CHICKEN SANDWICH



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



Follow us @
MurrietaSchoolNutrition

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

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



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