

# BREAKFAST COMBOS

Available before school and at break



- #1 BREAKFAST TORNADO (M,W,F)  
BREAKFAST SANDWICH (T,TH)
- #2 BAGEL & CREAM CHEESE
- #3 GLAZED CINNAMON ROLL
- #4 CHOCOLATE MUFFIN
- #5 ASSORTED CEREAL

**FREE**  
for all  
students

MUST TAKE AT LEAST 1 SERVING OF FRUIT OR JUICE

### Includes

- FRESH FRUIT
- YOGURT (M,W,F)
- HASHBROWN (T,TH)
- CHOICE OF MILK
- ASSORTED JUICE



MURRIETA MESA  
HIGH SCHOOL



# RAMS DEN

## DAILY SPECIALS LUNCH COMBOS



**MON** ORANGE CHICKEN & BROWN RICE

**TUES** TERIYAKI CHICKEN & BROWN RICE

**WED** CHICKEN BITES w/ ONION RINGS

**THUR** ORANGE CHICKEN & BROWN RICE

**FRI** BEEF NACHOS

INCLUDES FRESH FRUIT OR JUICE, 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 LUNCH COMBOS

**FREE**  
for all  
students

- #1 CHEESE PIZZA ♡
- #2 PEPPERONI PIZZA
- #3 CHEESEBURGER
- #4 CHICKEN BURGER
- #5 SPICY CHICKEN BURGER
- #6 BEAN & CHS BURRITO ♡
- #7 PB&J SNACK PACK ♡
- #8 TURKEY & CHEESE SUB
- #9 CHICKEN CAESAR SALAD
- #10 CHINESE CHICKEN SALAD

\*PICK UP STIX HOUSE CHICKEN WITH BROWN RICE AVAILABLE ON WEDNESDAYS\*

**Breakfast Combos & Lunch Combos are free of charge**  
(1 breakfast and 1 lunch per student per day)  
**for the 2021-2022 School Year**

## LUNCH A LA CARTE



YOGURT PARFAIT	\$2.00
FRESH CUT FRUIT BOWL	\$2.00
FRESH WHOLE FRUIT	\$0.50
ASSORTED SNACKS & CHIPS	\$0.50-\$1.00

## 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
SWITCH SPARKLING JUICE	\$1.50

## BREAKFAST A LA CARTE

Available before school and at break



SMALL YOGURT	\$0.75
YOGURT PARFAIT W/GRANOLA	\$2.00
FRESH CUT FRUIT BOWL	\$2.00



Follow us @  
**MurrietaSchoolNutrition**



Visit our website to set up a MySchoolBucks account, access nutrition information and sign up to have menus e-mailed  
[www.MurrietaSchoolNutrition.com](http://www.MurrietaSchoolNutrition.com)

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

Second Breakfast \$2.00 Second Lunch \$3.25