

BREAKFAST COMBOS

Available before school and at break

FREE
for all
students

MON Breakfast Bagel Sandwich

TUES Breakfast Tornado
Freshly Baked Scones

WED Breakfast Bagel Sandwich
Freshly Baked Scones

THURS Breakfast Tornado

FRI Breakfast Bagel Sandwich

AVAILABLE DAILY:

Pancake Sausage Sandwich
Strawberries & Cream Boli
French Toast Sticks
Breakfast Pizza
Bagel & Cream Cheese
Mini Cinnis
Muffin Variety
Banana Bread
Assorted Cereal
Berry Yogurt Parfait
Breakfast Bars

INCLUDES

Fresh Fruit
Yogurt (M,W,F)
Hashbrown (T,TH)
Assorted Juice
Choice of Milk

Must take
1/2 cup of
fruit or
juice



MURRIETA MESA
HIGH SCHOOL



RAMS DEN

LUNCH COMBOS

FREE
for all
students

MON Chicken Bites w/ Onion Rings

TUES Orange Chicken & Brown Rice

WED Specialty Burger

THURS Chef's Special 

FRI Chicken Wings & Texas Toast

Includes fresh fruit, applesauce, salad, carrots w/ Ranch or hummus, potato wedges or corn (Wednesday), juice, white milk or chocolate milk

Must take at least 1 fruit or vegetable

AVAILABLE DAILY:

Pepperoni Pizza	Hamburger
Cheese Pizza	Cheeseburger
Cheesy Bosco Sticks	PB&J Snack Pack
Chicken Burger	Chicken Caesar Wrap
Spicy Chicken Burger	Hummus Plate
Bean & Cheese Burrito	Fruit Platter
Chicken & Rice Burrito	Charcuterie Tray
Beef Taco Stick	
Hot Dog	 Salads & Sandwiches

Pick Up Stix available on Wednesdays

BREAKFAST A LA CARTE



Available before school and at break

Small Yogurt	\$0.75
Fresh Fruit Bowl	\$2.00

LUNCH A LA CARTE



Berry Yogurt Parfait	\$2.00
Fresh Fruit Bowl	\$2.00
Fresh Whole Fruit	\$0.50
Assorted Snacks & Chips	\$0.50-\$1.50

BEVERAGES



Milk - White or Chocolate	\$0.50
Bottled Water	\$1.00
Bottled Juice	\$2.00
Gatorade 12oz	\$2.00
Powerade 20oz	\$2.50
Switch Sparkling Juice	\$2.00



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

Second Breakfast \$2.00 Second Lunch \$3.25



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This institution is an equal opportunity provider
Menu subject to change without notice