

RALLY CAFE

September 2025

Cascade Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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BREAKFAST
Sausage & Cheese Biscuit

8

LUNCH:
Entree: Bosco Sticks
Daily: Chicken sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Romaine & Roll
Express: Pretzel, Yogurt & Cheese Pack, Baked Beans, Baby Carrots, Mixed Fruit, Fresh Orange, Grape Juice

BREAKFAST
Sausage Breakfast Pizza

9

LUNCH:
Entree: Turkey Barbacoa Soft Tacos
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Tossed Salad & Roll
Express: Turkey & Cheese Sub

Golden Corn, Cucumber Slices, Pears, Fresh Banana, Apple Juice

BREAKFAST
Cheesy Egg Biscuit

10

LUNCH:
Entree: Oriental Orange Popcorn Chicken & Rice
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Romaine & Roll
Express: Pretzel, Yogurt & Cheese Pack

Glazed Carrots, Celery Sticks, Blueberries, Apple Wedges, Fruit Juice

BREAKFAST
Sausage Pancake Wrap

11

LUNCH:
Entree: French Toast Sticks with Sausage Patties
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Romaine & Roll
Express: Turkey & Cheese Sub

Tater Tots, Fresh Broccoli, Applesauce, Craisins, Apple Juice



BREAKFAST
Cheese Bosco Stick

12

LUNCH:
Entree: Tater Tot Beef Nachos w/ Roll
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Romaine & Roll
Express: Pretzel, Yogurt & Cheese Pack

Steamed Broccoli, Red Pepper Strips, Peaches, Strawberries, Fruit Juice

BREAKFAST
Sausage Pancake Wrap

15

LUNCH:
Entree: Mini Corn Dogs w/ Macaroni & Cheese
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Popcorn Chicken Salad & Roll
Express: Turkey & Cheese Sub

French Fries, Baby Carrots, Mixed Fruit, Orange Wedges, Grape Juice

BREAKFAST
Cheesy Egg Biscuit

16

LUNCH:
Entree: Taco Pizza
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Popcorn Chicken Salad & Roll
Express: Apple Slices, Yogurt & Cheese Pack, Refried Beans, Fresh Broccoli, Pears, Fresh Banana, Apple Juice

BREAKFAST
Sausage Breakfast Pizza

17

LUNCH:
Entree: Buffalo Cheese Pizza Sticks
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Popcorn Chicken Salad & Roll
Express: Turkey & Cheese Sub

Seasoned Peas, Red Pepper Strips, Blueberries, Apple Wedges, Fruit Juice

BREAKFAST
Sausage & Cheese Biscuit

18

LUNCH:
Entree: Popcorn Chicken Bowl & Roll
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Popcorn Chicken Salad & Roll
Express: Apple Slices, Yogurt & Cheese Pack, Golden Corn, Cucumber Slices, Applesauce, Raisins, Apple Juice

BREAKFAST
Chicken Snack Wrap

19

LUNCH:
Entree: Chicken Alfredo w/ Penne Pasta & Garlic Knot
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Popcorn Chicken Salad & Roll
Express: Turkey & Cheese Sub

Green Beans, Celery Sticks, Peaches, Strawberries, Fruit Juice

BREAKFAST
Cheesy Egg Biscuit

22

LUNCH:
Entree: Beef Soft Tacos
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Italian Salad & Roll
Express: Pretzel, Yogurt & Cheese Pack, Refried Beans, Baby Carrots, Mixed Fruit, Fresh Orange, Grape Juice

BREAKFAST
French Toast Sticks

23

LUNCH:
Entree: Salisbury Steak w/ Roll
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Italian Salad & Roll
Express: Turkey & Cheese Sub

Mashed Potatoes, Cucumber Slices, Pears, Fresh Banana, Apple Juice


BREAKFAST
Sausage Biscuit

24

LUNCH:
Entree: Mini Maple Pancakes w/ Cheese Omelet
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Italian Salad & Roll
Express: Pretzel, Yogurt & Cheese Pack, Tater Tots, Celery Sticks, Apple Wedges, Blueberries, Fruit Juice

BREAKFAST:
Chocolate Filled Crescent

25

LUNCH:
Entree:  Fajita Chicken Flatbread
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Italian Salad & Roll
Express: Turkey & Cheese Sub

Golden Corn, Fresh Broccoli, Applesauce, Craisins, Apple Juice



BREAKFAST:
Mini Cinni

26

LUNCH:
Entree: Buffalo Chicken Mac & Cheese
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Italian Salad & Roll
Express: Pretzel, Yogurt & Cheese Pack, Steamed Broccoli, Red Pepper Strips, Peaches, Strawberries, Fruit Juice

BREAKFAST
Blueberry Snack'n Waffles

29

LUNCH:
Entree: Corn Dog
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Romaine Salad & Roll
Express: Turkey & Cheese Sub

BREAKFAST
Cheese Bosco Stick

30

LUNCH:
Entree: Chicken & Cheese Quesadilla
Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ
Salad: Cheesy Romaine Salad & Roll
Express: Apple Slices, Cheese & Yogurt Pack, Refried Beans, Fresh Broccoli, Pears, Fresh Banana, Apple Juice