

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/

Monday

Tuesday

Wednesday

Thursday

Friday

FOR NUTRIENT INFORMATION VISIT

SCHOOLCAFE.COM

FROM YOUR COMPUTER, TABLET, OR SMARTPHONE

**Breakfast At No Cost
Provided In All Robertson County
Schools**

2

Mini Cini
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

5

Chocolate Or Powdered Doughnuts
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

6

Ham, Egg and Cheese English Muffin
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

7

Spicy Sausage, Egg, and Cheese Tornado
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

8

Steak and Biscuit
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

9

Apple or Cherry Frudel
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

12

Chicken and Biscuit
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

13

Sausage and Gravy Breakfast Pizza
Or
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

14

Spicy Sausage, Egg, and Cheese Tornado
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

15

**Bacon Egg and Cheese Burrito
Egg and Cheese Burrito**
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

16

Mini Cini
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

19

Chocolate Or Powdered Doughnuts
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

20

Ham, Egg and Cheese English Muffin
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

21

Spicy Sausage, Egg, and Cheese Tornado
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

22

Steak and Biscuit
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

23

Apple or Cherry Frudel
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

26

Chicken and Biscuit
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

27

Sausage and Gravy Breakfast Pizza
Or
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

28

Spicy Sausage, Egg, and Cheese Tornado
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

29

**Bacon Egg and Cheese Burrito
Egg and Cheese Burrito**
OR
Choose(2) Different Items
From The Following:
Yogurt Parfait, Poptart, Muffins,
Cereal, Cereal Bar
All Meals Include
Fresh Fruit, Canned Fruit, Fruit Juice
and Vegetable Choices
Milk Choice

30