

“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

Whole Grain Mini Cinni
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

5

All Meals Include
Fruit and Milk Choices

Whole Grain Chocolate Doughnuts
Whole Grain Powdered Doughnuts
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

6

All Meals Include
Fruit and Milk Choices

Ham, Egg and Cheese
On a Whole Grain English Muffin
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

7

All Meals Include
Fruit and Milk Choices

Spicy Egg, Turkey Sausage,
And Cheese Tornado
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

8

All Meals Include
Fruit and Milk Choices

Whole Grain Steak and Biscuit
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

9

All Meals Include
Fruit and Milk Choices

Whole Grain Cherry Frudel
Whole Grain Apple Frudel
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

12

All Meals Include
Fruit and Milk Choices

Whole Grain Chicken and Biscuit
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

13

All Meals Include
Fruit and Milk Choices

Whole Grain Sausage and Biscuit
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

14

All Meals Include
Fruit and Milk Choices

Spicy Egg, Turkey Sausage
And Cheese Tornado
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

15

All Meals Include
Fruit and Milk Choices

Gilardi Chees Filled Breadsticks
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

16

All Meals Include
Fruit and Milk Choices

Whole Grain Mini Cinni
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

19

All Meals Include
Fruit and Milk Choices

Whole Grain Chocolate Doughnuts
Whole Grain Powdered Doughnuts
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

20

All Meals Include
Fruit and Milk Choices

Ham, Egg and Cheese
On a Whole Grain English Muffin
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

21

All Meals Include
Fruit and Milk Choices

Spicy Egg, Turkey Sausage,
And Cheese Tornado
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

22

All Meals Include
Fruit and Milk Choices

Whole Grain Steak and Biscuit
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

23

All Meals Include
Fruit and Milk Choices

Whole Grain Cherry Frudel
Whole Grain Apple Frudel
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

26

All Meals Include
Fruit and Milk Choices

Whole Grain Chicken and Biscuit
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

27

All Meals Include
Fruit and Milk Choices

Whole Grain Sausage and Biscuit
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

28

All Meals Include
Fruit and Milk Choices

Spicy Egg, Turkey Sausage
And Cheese Tornado
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

29

All Meals Include
Fruit and Milk Choices

Gilardi Chees Filled Breadsticks
OR
Choose (2) Different Items
From The Following:
Poptart, Muffins, Cereal, Cereal Bar

30

All Meals Include
Fruit and Milk Choices