

“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
Served With
Fruit and Milk Choices

5

Whole Grain Chocolate Doughnuts
OR
Whole Grain Powdered Doughnuts
Served With
Fruit and Milk Choices

6

Ham, Egg and Cheese
On a Whole Grain English Muffin
Served With
Fruit and Milk Choices

7

Spicy Egg, Turkey Sausage,
And Cheese Tornado
Served With
Fruit and Milk Choices

8

Whole Grain Steak and Biscuit
Served With
Fruit and Milk Choices

9

Breakfast Cereal
And
Blueberry Muffin
Served With
Fruit and Milk Choices

12

Whole Grain Chicken and Biscuit
Served With
Fruit and Milk Choices

13

Whole Grain Sausage Slider
Served With
Fruit and Milk Choices

14

Spicy Egg, Turkey Sausage
And Cheese Tornado
Served With
Fruit and Milk Choices

15

Bacon Egg and Cheese
In a Whole Grain Tortilla
Served With
Fruit and Milk Choices

16

Breakfast Cereal
And
Blueberry Muffin
Served With
Fruit and Milk Choices

19

Whole Grain Chocolate Doughnuts
OR
Whole Grain Powdered Doughnuts
Served With
Fruit and Milk Choices

20

Ham, Egg and Cheese
On a Whole Grain English Muffin
Served With
Fruit and Milk Choices

21

Spicy Egg, Turkey Sausage,
And Cheese Tornado
Served With
Fruit and Milk Choices

22

Whole Grain Steak and Biscuit
Served With
Fruit and Milk Choices

23

Breakfast Cereal
And
Blueberry Muffin
Served With
Fruit and Milk Choices

26

Whole Grain Chicken and Biscuit
Served With
Fruit and Milk Choices

27

Whole Grain Sausage Slider
Served With
Fruit and Milk Choices

28

Spicy Egg, Turkey Sausage
And Cheese Tornado
Served With
Fruit and Milk Choices

29

Bacon Egg and Cheese
In a Whole Grain Tortilla
Served With
Fruit and Milk Choices

30