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For complete statement go to website at: [http://ww1.rcstn.net/departments/school\\_nutrition/u\\_s\\_d\\_a\\_non-\\_discrimination\\_statement/](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

Bacon Egg and Cheese Burrito  
Egg and Cheese Burrito  
**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

Bacon Egg and Cheese Burrito  
Egg and Cheese Burrito  
**OR**  
Choose (2) Different Items  
From The Following:  
Poptart, Muffins, Cereal, Cereal Bar

30

All Meals Include  
Fruit and Milk Choices