

“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

**WE WILL BE
CLOSED ON
LABOR DAY**

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

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

All Meals Include
Fruit and Milk Choices

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

All Meals Include
Fruit and Milk Choices

Tuesday

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

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

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

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

All Meals Include
Fruit and Milk Choices

Wednesday

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

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

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

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

All Meals Include
Fruit and Milk Choices

Thursday

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

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

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

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

All Meals Include
Fruit and Milk Choices

Friday

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

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

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

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

All Meals Include
Fruit and Milk Choices

FOR NUTRIENT INFORMATION VISIT

SCHOOLCAFE.COM

FROM YOUR COMPUTER, TABLET, OR SMARTPHONE

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