

**“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/](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

Gilardi Chees Filled Breadsticks  
**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

Gilardi Chees Filled Breadsticks  
**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**