

“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

Tuesday

Wednesday

Thursday

Friday

Chocolate Or Powdered Doughnuts **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Ham, Egg and Cheese English Muffin **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Spicy Sausage, Egg, and Cheese Tornado **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Steak and Biscuit **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Apple or Cherry Frudel **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Chicken and Biscuit **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Sausage and Gravy Breakfast Pizza **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Spicy Sausage, Egg, and Cheese Tornado **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Bacon Egg and Cheese Burrito
Egg and Cheese Burrito **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

No School

Chocolate Or Powdered Doughnuts **OR**
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From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Ham, Egg and Cheese English Muffin **OR**
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From The Following:
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 Fresh Fruit, Canned Fruit, Fruit Juice
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All Meals Include
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 and Vegetable Choices
 Milk Choice

Bacon Egg and Cheese Burrito
Egg and Cheese Burrito **OR**
Choose (2) Different Items
From The Following:
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 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

Mini Cini **OR**
Choose (2) Different Items
From The Following:
 Yogurt Parfait, Poptart, Muffins,
 Cereal, Cereal Bar
All Meals Include
 Fresh Fruit, Canned Fruit, Fruit Juice
 and Vegetable Choices
 Milk Choice

FOR NUTRIENT INFORMATION VISIT
SCHOOLCAFE.COM
FROM YOUR COMPUTER, TABLET, OR SMARTPHONE

Breakfast At No Cost
Provided In All Robertson County
Schools