

“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

Breakfast Cereal
And
Blueberry Muffin

Served With
Fruit and Milk Choices

2

Tuesday

NO SCHOOL

3

Wednesday

Ham, Egg and Cheese
On a Whole Grain English Muffin

Served With
Fruit and Milk Choices

4

Thursday

Spicy Egg, Turkey Sausage
And Cheese Tornado

Served With
Fruit and Milk Choices

5

Friday

Whole Grain Steak and Biscuit
Served With
Fruit and Milk Choices

6

Breakfast Cereal
And
Blueberry Muffin

Served With
Fruit and Milk Choices

9

Chicken and Biscuit
Served With
Fruit and Milk Choices

10

Sausage Biscuit
Served With
Fruit and Milk Choices

11

Spicy Egg, Turkey Sausage
And Cheese Tornado

Served With
Fruit and Milk Choices

12

Bacon Egg and Cheese Burrito
Served With
Fruit and Milk Choices

13

**SCHOOL CLOSED MARCH 16- MARCH 20
SPRING BREAK**

Breakfast Cereal
And
Blueberry Muffin

Served With
Fruit and Milk Choices

23

Chicken and Biscuit
Served With
Fruit and Milk Choices

24

Sausage Biscuit
Served With
Fruit and Milk Choices

25

Spicy Egg, Turkey Sausage
And Cheese Tornado

Served With
Fruit and Milk Choices

26

Bacon Egg and Cheese Burrito
Served With
Fruit and Milk Choices

27

Breakfast Cereal
And
Blueberry Muffin

Served With
Fruit and Milk Choices

30

Whole Grain Chocolate Doughnuts
OR
Whole Grain Powdered Doughnuts

Served With
Fruit and Milk Choices

31

www.schoolcafe.com

- Check your student's meal account balance
- Check calories, carbohydrate counts, etc. on menu items
- Apply for free or reduced meals
- Make Payments your student's account (for a small fee)

