

“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

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

4

**7**  
Apple or Cherry Frudel  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit Choices  
Milk Choice

**8**  
Chicken and Biscuit  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit Choices  
Milk Choice

**9**  
Sausage and Gravy Breakfast Pizza  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar  
**All Meals Include**  
Fruit Choices  
Milk Choice

**10**  
Pancake and Sausage Sandwich  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit Choices  
Milk Choice

**11**  
Bacon Egg and Cheese Burrito  
Egg and Cheese Burrito  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar  
**All Meals Include**  
Fruit Choices  
Milk Choice

**14**  
Mini Cini  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**15**  
Chocolate Doughnuts  
Powdered Doughnuts  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**16**  
Egg and Cheese English Muffin  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**17**  
Chocolate Muffin  
Blueberry Muffin  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**18**  
Steak and Biscuit  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**21**  
NO SCHOOL  
IN OBSERVANCE OF  
Martin Luther King Jr. Day

**22**  
Chicken and Biscuit  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**23**  
Sausage and Gravy Breakfast Pizza  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**24**  
Pancake and Sausage Sandwich  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**25**  
Bacon Egg and Cheese Burrito  
Egg and Cheese Burrito  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**28**  
Mini Cini  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**29**  
Chocolate Doughnuts  
Powdered Doughnuts  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**30**  
Egg and Cheese English Muffin  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

**31**  
Chocolate Muffin  
Blueberry Muffin  
OR  
Choose(2) Different Items  
From The Following:  
Yogurt Parfait, Cinna Stix,  
Cereal, Cereal Bar, Oatmeal and Toppings  
**All Meals Include**  
Fruit and Vegetable Choices  
Milk Choice

