

“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

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

Whole Grain Cherry Frudel
Whole Grain Apple Frudel

7

Served With
Fruit and Milk Choices

Chicken and Biscuit

8

Served With
Fruit and Milk Choices

Cereal Bar & Cheese Stick

9

Served With
Fruit and Milk Choices

Pancake and Sausage Sandwich

10

Served With
Fruit and Milk Choices

Bacon Egg and Cheese
In a Whole Grain Tortilla

11

Served With
Fruit and Milk Choices

Whole Grain Mini Cinni

14

Served With
Fruit and Milk Choices

Whole Grain Chocolate Doughnuts
OR
Whole Grain Powdered Doughnuts

15

Served With
Fruit and Milk Choices

Egg and Cheese
On a Whole Grain English Muffin

16

Served With
Fruit and Milk Choices

Chocolate Chip Muffin
OR
Blueberry Muffin

17

Served With
Mozzarella String Cheese
Fruit and Milk Choices

Whole Grain Breaded Steak Patty
With a Buttermilk Biscuit

18

Served With
Fruit and Milk Choices

NO SCHOOL

21

IN OBSERVANCE OF

Martin Luther King Jr. Day

Chicken and Biscuit

22

Served With
Fruit and Milk Choices

Cereal Bar & Cheese Stick

23

Served With
Fruit and Milk Choices

Pancake and Sausage Sandwich

24

Served With
Fruit and Milk Choices

Bacon Egg and Cheese
In a Whole Grain Tortilla

25

Served With
Fruit and Milk Choices

Whole Grain Mini Cinni

28

Served With
Fruit and Milk Choices

Whole Grain Chocolate Doughnuts
OR
Whole Grain Powdered Doughnuts

29

Served With
Fruit and Milk Choices

Egg and Cheese
On a Whole Grain English Muffin

30

Served With
Fruit and Milk Choices

Chocolate Chip Muffin
OR
Blueberry Muffin

31

Served With
Mozzarella String Cheese
Fruit and Milk Choices

