

“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
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

7

Whole Grain Cheerios Cereal
Served With
Whole Grain Cinnamon Toast and Jelly
½ Cup Fruit
1% Sweet Acidophilus Milk

8

Sausage and Gravy
Breakfast Pizza
With Whole Grain Crust
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

9

¾ Cup Warm Oatmeal
With Brown Sugar
Whole Grain Cinnamon Toast and Jelly
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

10

Bacon, Egg, and Cheese Burrito
On a Whole Grain Tortilla
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

11

Whole Grain Mini Cinni
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

14

Whole Grain Cheerios Cereal
Served With
Whole Grain Cinnamon Toast and Jelly
½ Cup Fruit
1% Sweet Acidophilus Milk

15

Egg and Cheese
On a Whole Grain English Muffin
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

16

¾ Cup Warm Oatmeal
With Brown Sugar
Whole Grain Cinnamon Toast and Jelly
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

17

Whole Grain Breaded Steak Patty
With a Buttermilk Biscuit
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

18

NO SCHOOL

21

IN OBSERVANCE OF

Martin Luther King Jr. Day

Whole Grain Cheerios Cereal
Served With
Whole Grain Cinnamon Toast and Jelly
½ Cup Fruit
1% Sweet Acidophilus Milk

22

Sausage and Gravy
Breakfast Pizza
With Whole Grain Crust
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

23

¾ Cup Warm Oatmeal
With Brown Sugar
Whole Grain Cinnamon Toast and Jelly
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

24

Bacon, Egg, and Cheese Burrito
On a Whole Grain Tortilla
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

25

Whole Grain Mini Cinni
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

28

Whole Grain Cheerios Cereal
Served With
Whole Grain Cinnamon Toast and Jelly
½ Cup Fruit
1% Sweet Acidophilus Milk

29

Egg and Cheese
On a Whole Grain English Muffin
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

30

¾ Cup Warm Oatmeal
With Brown Sugar
Whole Grain Cinnamon Toast and Jelly
Served With
½ Cup Fruit
1% Sweet Acidophilus Milk

31

