

“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



No
School

4

Tuesday



Whole Grain Chicken Patty
On a Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

5

Wednesday



Whole Grain Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

6

Thursday

Menus subject to change
Due to availability
of Food items

Whole Grain Cheerios
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

7

Friday

Whole Grain Apple Jammer Stick
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

8

Whole Grain Soft Filled
Cocoa Puffs Bar
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

11

Sausage Patty
On a Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

12

Whole Grain Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

13

Whole Grain Cinnamon Glazed
French Toast Sticks
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

14

Egg and Cheese
In a Whole Grain Tortilla
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

15

No
School

18

Whole Grain Country Steak Patty
On a Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

19

Whole Grain Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

20

Whole Grain Apple Jammer Stick
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

21

Whole Grain Breakfast Pizza
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

22

Whole Grain Maple Pancakes
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

25

Whole Grain Chicken Patty
On a Biscuit
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

26

Whole Grain Muffin
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

27

Whole Grain Cheerios
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

28

Whole Grain Maple, Egg,
and Sausage Tornado
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

29