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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5
1oz. Assorted WG Reduced Sugar Cereals & Cheddar Cheese Cubes With 100% Fruit Juice And a Fruit Cup, White Skim Milk & White 1% Milk

6
WG Super Slice Bread With Dried Fruit And ZeeZee's Applesauce Cup, White Skim Milk & White 1% Milk

7
1oz. WG Reduced Sugar Marshmallow Matey Cereal & a Hard-Boiled Egg With 100% Fruit Juice And Fresh Clementine, White Skim Milk & White 1% Milk



8
WG Waffle With Raisins And Pear Cup, White Skim Milk & White 1% Milk

9
1.5oz. Protein Granola Pouch with Sunflower Seeds & Danimal Yogurt With 100% Fruit Juice And Fresh Plum, White Skim Milk & White 1% Milk

12
2oz. ZeeZee's Breakfast Bar With 100% Fruit Juice And Fresh Apple Slices, White Skim Milk & White 1% Milk

13
Turkey Sausage, Egg & Cheese Breakfast Burrito With Dried Fruit And ZeeZee's Applesauce Cup, White Skim Milk & White 1% Milk

14
1oz. GF WG Reduced Sugar Cinnamon Chex Cereal & String Cheese With 100% Fruit Juice And Fresh Clementine, White Skim Milk & White 1% Milk

15
WG French Toast Sticks With Raisins And Peach Cup, White Skim Milk & White 1% Milk

16
1.5oz. Protein Granola Pouch with Sunflower Seeds And a Peach Smoothie, Fresh Pear, White Skim Milk & White 1% Milk

19
No School



20
Warm WG Cinnamon Roll With Dried Fruit And ZeeZee's Applesauce Cup, White Skim Milk & White 1% Milk

21
1oz. WG Reduced Sugar Cinnamon Toast Crunch & a Hard-Boiled Egg With 100% Fruit Juice And Fresh Clementine, White Skim Milk & White 1% Milk

22
WG Pancakes With Raisins And Mixed Fruit Cup, White Skim Milk & White 1% Milk

23
1.5oz. Protein Granola Pouch with Sunflower Seeds & Danimal Yogurt With 100% Fruit Juice And Fresh Apple, White Skim Milk & White 1% Milk

26
1oz. WG Reduced Sugar Trix Cereal & Cheddar Cheese Cubes With 100% Fruit Juice And a Fresh Apple Slices, White Skim Milk & White 1% Milk

27
Mini Breakfast Bagel Pizza with Egg & Melty Mozzarella Cheese With Dried Fruit And ZeeZee's Applesauce Cup, White Skim Milk & White 1% Milk

28
1oz. WG Reduced Sugar Cocoa Puff Cereal & String Cheese With 100% Fruit Juice And Fresh Clementine, White Skim Milk & White 1% Milk

29
WG Waffle With Raisins And Mandarin Orange Cup, White Skim Milk & White 1% Milk

30
1.5oz. Protein Granola Pouch with Sunflower Seeds And a Strawberry Banana Smoothie, Fresh Fruit, White Skim Milk & White 1% Milk

A USDA K-12 Reimbursable Breakfast Includes...1 Milk, a Whole Grain Item or a Plant/Animal Based Protein & Fruit or Vegetable
• Menu is Subject to Change •

• Alternative Milk Choices such as Lactaid or Soy Milk are available to any student with a documented dietary need •
If you have any questions or would like additional information regarding this menu, please contact kbressani@rcmahar.org

• One Full Reimbursable Breakfast is Free to Each Student •
• A La Carte Items will be charged accordingly •
• This institution is an equal opportunity provider •
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