



MONDAY

2

The Amazing Munchkin  
Chocolate Granola Bar  
With  
Craisins  
And Fresh Apple Slices,  
Skim or 1% White Milk

9

1oz. WG Reduced Sugar  
Cinnamon Toast Crunch Cereal &  
Cheddar Cheese Cubes  
With Craisins  
And Fresh Apple Slices,  
Skim or 1% White Milk

16

The Amazing Munchkin Apple  
Cinnamon Granola Bar  
With  
Craisins  
And Fresh Apple Slices,  
Skim or 1% White Milk

23

1oz. WG Reduced Sugar  
Cocoa Puff Cereal & Cheddar  
Cheese Cubes  
With Craisins  
And Fresh Apple Slices,  
Skim or 1% White Milk

30

Assorted 1oz. WG Reduced  
Sugar Cereals & Cheddar  
Cheese Cubes  
With Craisins  
And Fresh Apple Slices,  
Skim or 1% White Milk

TUESDAY

3

WG Bacon Scramble Breakfast  
Flatbread Pizza Square  
With 100% Fruit Juice  
And  
ZeeZee's Applesauce Cup,  
Skim or 1% White Milk

10

WG Glazed Chocolate Donut  
With  
100% Fruit Juice  
And  
ZeeZee's Applesauce Cup,  
Skim or 1% White Milk

17

**Tornado!**  
Pork Sausage, Egg, & Cheddar  
Jack Cheese rolled in a Crispy  
WW Tortilla  
With 100% Fruit Juice  
And ZeeZee's Applesauce Cup,  
Skim or 1% White Milk

24

WG Breakfast Bun  
With  
100% Fruit Juice  
And  
ZeeZee's Applesauce Cup,  
Skim or 1% White Milk

31

Assorted Hot Egg & Cheese  
Hanhelds  
With 100% Fruit Juice  
And  
ZeeZee's Applesauce Cup,  
Skim or 1% White Milk

WEDNESDAY

4

1oz. WG Reduced Sugar  
Apple Cinnamon Cheerio Cereal  
& a String Cheese  
With Raisins  
And a Fresh Clementine,  
Skim or 1% White Milk

11

1oz. GF WG Reduced Sugar  
Cinnamon Chex Cereal  
& a Hard- Boiled Egg  
With Raisins  
And a Fresh Clementine,  
Skim or 1% White Milk

18

1oz. WG Reduced Sugar  
Marshmallow Matey Cereal  
& a String Cheese  
With Raisins  
And a Fresh Clementine,  
Skim or 1% White Milk

25

1oz. WG Reduced Sugar  
Trix Cereal & a Hard- Boiled Egg  
With  
Raisins  
And a Fresh Clementine,  
Skim or 1% White Milk

THURSDAY

5

WG French Toast Sticks  
With  
100% Fruit Juice  
And  
Peach Cup,  
Skim or 1% White Milk

12

Homemade Strawberry or  
Blueberry Overnight Oats  
With  
100% Fruit Juice  
And  
Skim or 1% White Milk

19

WG Waffle  
With  
100% Fruit Juice  
And  
Pear Cup,  
Skim or 1% White Milk

26

WG Pancakes  
With  
100% Fruit Juice  
And  
Mixed Fruit Cup,  
Skim or 1% White Milk

FRIDAY

6

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

13

1.5oz. Protein Granola Pouch with  
Sunflower Seeds  
& Danimal Yogurt  
With Dried Fruit Mix  
And Fresh Banana,  
Skim or 1% White Milk

20

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

27

1.5oz. Protein Granola Pouch with  
Sunflower Seeds  
& Danimal Yogurt  
With Dried Fruit Mix  
And Fresh Banana,  
Skim or 1% White Milk

One Full Reimbursable Breakfast is Free to Each Student

A La Carte Items will be charged accordingly

Menu is Subject to Change

Manage Your Student's Account Online [www.MySchoolBucks.com](http://www.MySchoolBucks.com)

This institution is an equal opportunity provider



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

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, please contact [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)