



Monday

Tuesday

Wednesday

Thursday

Friday

1oz. WG RS Cinnamon Toast Crunch Cereal & Cheddar Cheese Cubes
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

Whole Grain Cinnamon Crumb Mini Loaf
With
100% Fruit Juice
And
a Pear Cup,
Skim or 1% White Milk

1oz. WG RS Kix Cereal & a Hard-Boiled Egg
With
Raspberry Lemonade Craisins
And
Fresh Stone Fruit,
Skim or 1% White Milk

Turkey Sausage Egg & Cheese Breakfast Burrito
With
100% Fruit Juice
And
a Cinnamon Applesauce Cup,
Skim or 1% White Milk

Assorted Local Creamery Yogurts
With
Dried Apple Crisps
And
Fresh Banana,
Skim or 1% White Milk

INDIGENOUS
PEOPLES'
DAY

Whole Grain Lemon Super Slice
With
100% Fruit Juice
And
a Peach Cup,
Skim or 1% White Milk

1oz. WG Rice Chex Cereal & a Hard-Boiled Egg
With
Fruit Punch Craisins
And
A Fresh Pear,
Skim or 1% White Milk

Egg & Cheese Sandwich on a Whole Wheat Croissant
With
100% Fruit Juice
And
a Strawberry Applesauce Cup,
Skim or 1% White Milk

Local Creamery Peach Yogurt
With
Dried Apple Crisps
And
Fresh Banana,
Skim or 1% White Milk

1oz. WG RS Cocoa Puff Cereal & a String Cheese
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

Whole Grain Iced Cinnamon Roll
With
100% Fruit Juice
And
a Mixed Fruit Cup,
Skim or 1% White Milk

1oz. WG RS Golden Graham Cereal & a Hard-Boiled Egg
With
Strawberry Craisins
And
Fresh Stone Fruit,
Skim or 1% White Milk

Whole Grain Proffitz Pancake Bites
With
100% Fruit Juice
And
a Strawberry Banana Applesauce Cup,
Skim or 1% White Milk

Local Creamery Strawberry Yogurt
With
Dried Apple Crisps
And
Fresh Banana,
Skim or 1% White Milk

1oz. WG RS Trix Cereal & Cheddar Cheese Cubes
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

Whole Grain Campfire S'mores Bar
With
100% Fruit Juice
And
a Pear Cup,
Skim or 1% White Milk

1oz. WG RS Marshmallow Matey Cereal & a Hard-Boiled Egg
With
Watermelon Craisins
And
A Fresh Pear,
Skim or 1% White Milk

Egg & Cheese Sandwich on a Whole Wheat English Muffin
With
100% Fruit Juice
And
a Cinnamon Applesauce Cup,
Skim or 1% White Milk

Local Creamery Maple Vanilla Yogurt
With
Dried Apple Crisps
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

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

Available Daily: Assorted Whole Grain Reduced Sugar Cereals, Condiments, Skim White or 1% White Milk, Low-Fat Low Sugar Yogurt, Hard Boiled Eggs, & String Cheese

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

