



Monday

Tuesday

Wednesday

Thursday

Friday

1oz. Whole Grain Reduced Sugar
Cinnamon Toast Crunch Cereal
With
Fresh Apple Slices
And
Skim or 1% White Milk

Whole Grain Blueberry
Super Slice
With
a Pear Cup
And
Skim or 1% White Milk

1oz. Whole Grain Reduced
Sugar Kix Cereal
With
Fresh Stone Fruit
And
Skim or 1% White Milk

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

Assorted Local
Creamery Yogurts
With
Fresh Banana
And
Skim or 1% White Milk

Whole Grain French
Toast Sticks
With
an Applesauce Cup
And
Skim or 1% White Milk

Local Creamery
Maple Vanilla Yogurt
With
Dried Apple Crisps
And
Skim or 1% White Milk



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

1oz. Whole Grain Reduced Sugar
Rice Chex Cereal
With
A Fresh Pear
And
Skim or 1% White Milk

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

Local Creamery
Peach Yogurt
With
Fresh Banana
And
Skim or 1% White Milk

1oz. Whole Grain Reduced
Sugar Cocoa Puff Cereal
With
Fresh Apple Slices
And
Skim or 1% White Milk

Whole Grain Cocoa
Super Slice
With
a Mixed Fruit Cup
And
Skim or 1% White Milk

1oz. Whole Grain Reduced
Sugar Golden Graham Cereal
With
Fresh Stone Fruit
And
Skim or 1% White Milk

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

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

1oz. Whole Grain
Reduced Sugar Trix Cereal
With
Fresh Apple Slices
And
Skim or 1% White Milk

Whole Grain Banana
Super Slice
With
a Pear Cup
And
Skim or 1% White Milk

1oz. Whole Grain Reduced Sugar
Marshmallow Matey Cereal
With
A Fresh Pear
And
Skim or 1% White Milk

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

Local Creamery
Maple Vanilla Yogurt
With
Fresh Banana
And
Skim or 1% White Milk

One Full Reimbursable Breakfast is Free to Each Student

A La Carte Items will be charged accordingly

Manage Your Student's Account Online www.MySchoolBucks.com

This institution is an equal opportunity provider

A USDA Reimbursable Preschool Breakfast is...a 6fl. Oz. Milk, ½ oz. eq. Whole Grain Item or 1 ½ oz. eq. Meat/Meat Alternate & ½ cup Fruit

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

Menu is Subject to Change