



MARCH 2019 JR & SR HIGH BREAKFAST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRUIT SMOOTHIES, YOGURT & FRUIT PARFAITS, GRAB & GO BREAKFAST OFFERED DAILY!



MARCH 4-8 IS NATIONAL SCHOOL BREAKFAST WEEK!



COME JOIN US FOR BREAKFAST!

1

RASPBERRY COFFEE
BREAKFAST CAKE
FRUIT, JUICE AND
MILK CHOICES

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

4

FRENCH TOAST STICKS
WITH SYRUP
FRUIT, JUICE AND
MILK CHOICES

5

SCRAMBLED EGGS, SAUSAGE
HOME FRIES & TOAST
FRUIT, JUICE AND
MILK CHOICES

6

BREAKFAST SANDWICH WITH
HAM, EGGS & CHEESE
FRUIT, JUICE AND
MILK CHOICES

7

CHEESE OMELET WITH
SAUSAGE PATTY & TOAST
FRUIT, JUICE AND
MILK CHOICES

8

NO SCHOOL TODAY



TEACHER INSERVICE DAY!

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

11

GRIDDLE CAKE SANDWICH
WITH SYRUP
FRUIT, JUICE AND
MILK CHOICES

12

WHOLE GRAIN BAGEL WITH
CREAM CHEESE
FRUIT, JUICE AND
MILK CHOICES

13

WAFFLE STICKS WITH
STRAWBERRY SAUCE
FRUIT, JUICE AND
MILK CHOICES

14

BREAKFAST BURRITO WITH
HAM & CHEESE
FRUIT, JUICE AND
MILK CHOICES

15

WG BLUEBERRY MUFFIN
FRUIT, JUICE AND
MILK CHOICES

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

18

PANCAKE & SAUSAGE ON
A STICK
FRUIT, JUICE AND
MILK CHOICES

18

CHEESE OMELET WITH TOAST
FRUIT, JUICE AND
MILK CHOICES

20

BREAKFAST SANDWICH WITH
HAM, EGG & CHEESE
FRUIT, JUICE AND
MILK CHOICES

21

FRESH BAKED CINNAMON
ROLL WITH ICING
FRUIT, JUICE AND
MILK CHOICES

22

WG BAGEL WITH
CREAM CHEESE
FRUIT, JUICE AND
MILK CHOICES

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

25

FRENCH TOAST STICKS
WITH SYRUP
FRUIT, JUICE AND
MILK CHOICES

26

EARLY RELEASE DAY!

WG APPLE CINNAMON
MUFFIN
FRUIT, JUICE AND
MILK CHOICES

27

BREAKFAST PIZZA WITH
BACON, EGG AND CHEESE
FRUIT, JUICE AND
MILK CHOICES

28

BREAKFAST SANDWICH
WITH HAM EGG AND CHEESE
FRUIT, JUICE AND
MILK CHOICES

29

SCRAMBLED EGGS
WITH HAM & CHEESE, TOAST
FRUIT, JUICE AND
MILK CHOICES

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

CEREAL & TOAST

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!