


# AUG-SEPT 2019 MIDDLE & HIGH SCHOOL BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HOT &amp; COLD COFFEE</b> <b>YOGURT &amp; FRUIT SMOOTHIES</b> <b>YOGURT PARFAITS</b> <b>GRAB N' GO BREAKFAST</b> <b>OFFERED DAILY!</b></p> <p>CEREAL &amp; TOAST</p>	 <p>CEREAL &amp; TOAST</p>	<p><b>28</b> <i>GR.PRE-K-6 &amp; 9 /K-5 CHINA</i> FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>29</b> <i>ALL STUDENTS</i> STEAK, EGG AND CHEESE BREAKFAST SANDWICH FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>30</b> BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>2</b> <b>LABOR DAY!</b> <b>NO SCHOOL TODAY!</b></p> <p>CEREAL &amp; TOAST</p>	<p><b>3</b> WAFFLE STICKS W/SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>4</b> BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>5</b> CHEESE OMELETTE WITH SAUSAGE &amp; TOAST FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>6</b> BREAKFAST SANDWICH W/HAM, EGG &amp; CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>9</b> WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>10</b> STEAK, EGG &amp; CHEESE BREAKFAST WRAP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>11</b> BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>12</b> STUFFED FRENCH TOAST CASSEROLE W/SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>13</b> WHOLE GRAIN BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>16</b> FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>17</b> <b>EARLY RELEASE DAY!</b> CHEESE OMELETTE WITH SAUSAGE &amp; TOAST FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>18</b> BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>19</b> BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>20</b> WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>23</b> WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>24</b> SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>25</b> BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>26</b> WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>27</b> WG PUMPKIN MUFFIN FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>30</b> WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>				<p>CEREAL &amp; TOAST</p>

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

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!**