

# RCS Elementary School Breakfast Menu - September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School 2	"MYSchoolBucks" online account. Navigate our RCS website (www.rcscsd.org) and you will find the link on the Café' page.. 3	4	Good morning Egg & Sausage Whole Wheat Wrap Pears Skim or 1% Milk 5	French Toast Strawberries Assorted Fruit Skim or 1% Milk 6
Pancakes Apples Pears Skim or 1% Milk 9	Scrambled Eggs Toast Mixed Fruit/Apple Skim or 1% Milk 10	Waffles Apple Sauce Banana Skim or 1% Milk 11	Egg & Cheese Whole Wheat Roll Mixed Fruit/Banana Skim or 1% Milk 12	French Toast Peaches Apple Skim or 1% Milk 13
"Sit ups"	"Push Ups"	"Run"	"Dance"	"Look at the Stars"
Pancakes Apple Sauce Peaches Skim or 1% Milk 16	Egg Cheese English Muffin Pears/Apple Skim or 1% Milk 17	Waffles Pears Bananas Skim or 1% Milk 18	Egg & Sausage Whole Wheat Wrap Pears/Oranges Skim or 1% Milk 19	French Toast Peaches Mixed Fruit Skim or 1% Milk 20
"Sit ups"	"Push Ups"	"Run"	"Dance"	"Look at the Stars"
Pancakes Apple Sauce Mixed Skim or 1% Milk 24	Egg Cheese on a Roll Pears/Apple Skim or 1% Milk 25	Waffles Berries Apple Sauce Skim or 1% Milk 26	Egg Cheese Wrap Peaches/Apple Skim or 1% Milk 27	French Toast Banana Apple Skim or 1% Milk 28
"Sit ups"	"Push ups"	"Run"	Dance	Read a book
Pancakes Apple Sauce Oranges Skim or 1% Milk 30				
"Sit ups"				

**Mental Health Monday!**  
Take a walk Tuesday!  
Water Wednesday!  
Thank a Farmer Thursday!  
No Fry Friday!

**Available Daily**  
Assorted Cereals  
Fruited Yogurt  
Assorted 100% Juices  
Assorted Fruit  
Two Flavors of Skim and 1% White Milk

Student Breakfast \$1.55  
Milk price .50  
Menu Subject to change.