



RCS Elementary School Breakfast Menu - March 2020

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 Whole Grain Pancakes Apple Sauce/Banana Skim or 1% Milk "Sit up"	3 Egg & Cheese Omelet Salsa/ Wrap Pears Skim or 1% Milk "Push ups"	4 Whole Grain Waffles Banana/Mixed Fruit Skim or 1% Milk "Dance and Laugh"	5 Egg & Sausage Whole Grain Muffin Apples Skim or 1% Milk "Jumping Jacks"	6 Whole Grain French Toast Peaches/Apple Sauce Skim or 1% Milk "Share a Smile"
9 Whole Grain Pancakes Berries/Peaches Skim or 1% Milk "Sit up"	10 Egg & Cheese Omelete Sausage Pears Skim or 1% Milk "Push ups"	11 Whole Grain Waffles Mixed Fruit Skim or 1% Milk "Dance and Laugh"	Staff Development Day 12 Cereal Muffin Apples Skim or 1% Milk Early Dismissal UPK-12	13 French Toast Strawberries Peaches Skim or 1% Milk "Run and Jump"
Parent Conference Day 16 Cereal or Yogurt Banana/Oranges Skim or 1% Milk	Parent Conference Day 17 Cereal or Yogurt Mixed Fruit/Apple Skim or 1% Milk	18 Whole Grain Waffles Mixed Fruit Apple Sauce Skim or 1% Milk	19 Scrambled and Ham Wrap Peaches Mixed Fruit/Banana Skim or 1% Milk	20 French Toast Berries Mixed Fruit Skim or 1% Milk Are you Feeling Great?
23 Whole Grain Pancakes Pears/Banana Skim or 1% Milk "Think Clearly"	24 Egg & Cheese Wrap Berries Skim or 1% Milk "Jumping Jacks"	25 Whole Grain Waffles Apple Sauce Peaches Skim or 1% Milk	26 Omelet w/ Cheese Banana Mixed Fruit/Banana Apple Sauce "Sit up/Push up"	27 French Toast Apples Sauce Peaches Skim or 1% Milk "Dance and Laugh"
30 Whole Grain Pancakes Pears Skim or 1% Milk "Practice your Math"	31 Egg & Sausage Whole Grain Muffin Apple/Pears Skim or 1% Milk "Jumping Jacks"			

Did you eat nutritiously?
Grains for digestion? ____
Veggies for energy? ____
Fruits for vitamins? ____
Dairy for calcium? ____
Meat & Beans for muscles?

Read, Reason, Play? ____



Available Daily
Assorted Whole Grain Cereals
Fruited Yogurt
Apples, Oranges, Bananas
100% Juices
Three Flavors of Slim Milk and 1% White

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

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