

RCS Middle & High 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 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 Peaches Skim or 1% Milk "Sit up" | 10 Egg & Cheese Omelet Sausage Pizza Pears Skim or 1% Milk "Push ups" | 11 Whole Grain Waffles Mixed Fruit Skim or 1% Milk "Dance and Laugh" | Staff Development Day 12 Cold Breakfast 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 Apples Oranges Skim or 1% Milk | Parent Conference Day 17 Cereal Pears Mixed Fruit Skim or 1% Milk | 18 Waffles Syrup Banana/Oranges Skim or 1% Milk | 19 Egg & Cheese Omelete Mixed Fruit/Apple Skim or 1% Milk | 20 French Toast Berries Mixed Fruit Skim or 1% Milk |
| Early Dismissal K-8 | Early Dismissal K-8 | Sit ups | Push ups | 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 Cereal 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 \$1.80
Milk price .50
Menu Subject to change.

)

