

RCS High School Breakfast Menu - September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We recomend to reduce hand to hand transactions! "MYSchoolBucks" online account. Navigate our RCS website (www.rcscsd.org) and you will find the link on the Cafe' page..</p>	1	2	3	4
<p>7 Labor Day No School</p>	8 Staff Development day	9 Staff Development day	10 Staff Development day	11 Staff Development day
"Sit ups"	"Push Ups"	"Run"	"Dance"	"Look at the Stars"
14 Pancakes or Cereal Apple Sauce Peaches Skim or 1% Milk	15 Egg Cheese or Cereal English Muffin Pears/Apple Skim or 1% Milk	16 Waffles or Cereal Pears Bananas Skim or 1% Milk	17 Egg & Sausage or Cereal Whole Wheat Wrap Pears/Oranges Skim or 1% Milk	1 French Toast or Cereal Peaches Mixed Fruit Skim or 1% Milk
"Sit ups"	"Push Ups"	"Run"	"Dance"	"Look at the Stars"
21 Pancakes or Cereal Apple Sauce Mixed Skim or 1% Milk	22 Egg Cheese or Cereal on a Roll Pears/Apple Skim or 1% Milk	23 Waffles or Cereal Berries Apple Sauce Skim or 1% Milk	24 Egg Cheese or Cereal Wrap Peaches/Apple Skim or 1% Milk	2 French Toast or Cereal Banana Apple Skim or 1% Milk
"Sit ups"	"Push ups"	"Run"	Dance	Read a book
28 Pancakes or Cereal Apple Sauce Oranges Skim or 1% Milk	29 Egg & Sausage or Cereal Whole Wheat Wrap Pears Skim or 1% Milk	30 Waffles or Cereal Peaches Bananas Skim or 1% Milk		
"Sit ups"	"Push ups"	"Run"		

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

Available
 Farm to School
 Fruited Yogurt
 Assorted 100% Juices
 NYS Apples
 Hudson Valley Fresh
 1% White Milk
 Skim Milk

Student Breakfast \$1.90
 Milk price .50
 Menu Subject to change.