

# RCS Middle School Breakfast Menu - September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>We recomend to reduce hand to hand transactions!</b>                      "MYSchoolBucks" online account. Navigate our RCS website (<a href="http://www.rcscsd.org">www.rcscsd.org</a>) 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 Sausage Pancakes Apple Sauce Peaches Skim or 1% Milk	15 Whole Grain Cereal Bar Pears Apple Skim or 1% Milk	16 Whole Grain Pop Tart Apple Sauce Banana Skim or 1% Milk	17 Nature Valley Granola Bar Mixed Fruit/Banana Skim or 1% Milk	18 French Toast Sticks Peaches Apple Skim or 1% Milk
"Sit ups"	"Push Ups"	"Run"	"Dance"	"Look at the Stars"
21 Bagel Apple Sauce Mixed Skim or 1% Milk	22 Whole Grain Pop tart NYS Apple Pears Skim or 1% Milk	23 Minni Waffles Berries Apple Sauce Skim or 1% Milk	24 Butter Crunchers Peaches NYS Apple Skim or 1% Milk	25 French Toast Sticksl Banana NYS Apple Skim or 1% Milk
"Sit ups"	"Push ups"	"Run"	Dance	Read a book
28 Minni Pancakes Apple Sauce Oranges Skim or 1% Milk	29 Cocolate Chip Crunchers/Banana Pears Skim or 1% Milk	30 Maple Waffles Peaches NYS Apple 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.