



# RSU #74 BREAKFAST MENU

## APRIL 2018



	Mon	Tue	Wed	Thu	Fri
<b>All Menus Subject To Change Without Notice</b>	2 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	3 Waffle w/Syrup-1 Sausage Patty-1 Fruit & Juice Variety-1 cup Milk-1 cup	4 Scrambled Eggs & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	5 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup	6 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
<b>All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.</b>	9 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	10 WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	11 Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	12 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	13 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
<b>The USDA and this institution are equal opportunity employers &amp; providers.</b>	<h3 style="font-family: cursive;">SCHOOL VACATION WEEK! ENJOY!</h3> <p>A Reminder that a SUMMER MEALS PROGRAM will be available at Multiple Sites again this Summer. More Info to Come!</p>				
<b>BREAKFAST PRICES</b> <i>All Students—FREE</i> <i>Adults \$1.00</i> <b>LUNCH PRICES</b> <i>All Students—FREE</i> <i>Adults \$4.50</i>	23 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	24 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	25 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	26 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	27 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
	30 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	1 WW Pancakes-2 Warm Apple Topping-1/4 c Fruit & Juice Variety-1 cup Milk-1 cup	2 <u><b>NEW-TRY IT DAY...!</b></u> Warm Breakfast Bread Pudding Scrambled Eggs Fruit & Juice Variety-1 cup Milk-1 cup	3 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	4 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup