



RSU #74 BREAKFAST MENU

MARCH 2018



	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice		<i>Hectic Mornings?</i> <i>Come grab Breakfast with all your friends!</i> <i>Breakfast is available every day & FREE for all students.</i> <i>Come check it out and start your day Fueled for Learning!</i>		<i>1</i> Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>2</i> <u>Dr. Seuss's Birthday</u> "Cat's Hat" Yogurt Parfait Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
	<i>5</i> WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>6</i> Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	<i>7</i> WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	<i>8</i> Waffle w/Syrup-1 Sausage Patty-1 Fruit & Juice Variety-1 cup Milk-1 cup	<i>9</i> <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
<i>BREAKFAST PRICES</i> <i>All Students—FREE</i> <i>Adults \$1.00</i> <i>LUNCH PRICES</i> <i>All Students—FREE</i> <i>Adults \$4.50</i>	<i>12</i> WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>13</i> <u>Breakfast Sandwich</u> Scrambled Eggs & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	<i>14</i> WW Pancakes-2 Warm Apple Topping-1/4 c Fruit & Juice Variety-1 cup Milk-1 cup	<i>15</i> Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>16</i> <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
<i>The USDA and this institution are equal opportunity employers & providers.</i>	<i>19</i> WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>20</i> Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	<i>21</i> Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	<i>22</i> <u>Early Dismissal</u> Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	<i>23</i> ~ NO SCHOOL ~ <i>Workshop Day</i>
All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	<i>26</i> WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>27</i> Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	<i>28</i> Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>29</i> Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	<i>30</i> <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