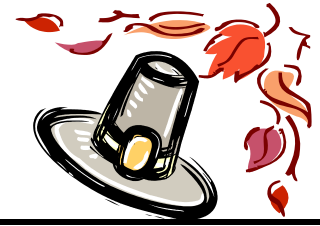


RSU #74 BREAKFAST MENU

NOVEMBER 2017



| | Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|---|--|
| All Menus Subject To Change Without Notice | 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>1</i> Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup | <i>2</i> Baked French Toast Sticks-2 Fruit & Juice Variety-1 cup Milk-1 cup | <i>3</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 |
| BREAKFAST PRICES <i>All Students—FREE Adults \$1.00</i> LUNCH PRICES <i>All Students—FREE Adults \$4.50</i> | <i>6</i> WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>7</i> Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup | <i>8</i> Pancakes -2 Fruit & Juice Variety-1 cup Milk-1 cup | <i>9</i> Early Dismissal Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>10</i> ~ NO SCHOOL ~ <i>Veteran's Day</i> |
| | <i>13</i> WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>14</i> Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>15</i> Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup | <i>16</i> Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup | <i>17</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 |
| The USDA and this institution are equal opportunity employers & providers. | <i>20</i> WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>21</i> *** NEW *** <i>Apple Pie Overnight Oats</i> Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup | ~ N O S C H O O L ~ <i>Thanksgiving Break</i> | | |
| | <i>27</i> WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>28</i> Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup | <i>29</i> <u>Breakfast Sandwich</u> Scrambled Eggs & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup | <i>30</i> Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup | <i>1</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 |