




RSU #74 BREAKFAST MENU

OCTOBER 2018



	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice	1 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	2 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	3 Pancake & Sausage on a Stick-1 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	5 ~ NO SCHOOL ~ <i>W o r k s h o p D a y</i>
All milk offered free with a meal is a N Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	8 <i>Columbus Day Holiday</i> NO SCHOOL	9 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	10 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	11 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	12 <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.	15 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	16 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	17 Early Dismissal Waffle w/Syrup-1 Sausage Patty-1 Fruit & Juice Variety-1 cup Milk-1 cup	18 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	19 <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 All Students—FREE Adults \$1.00 LUNCH PRICES All Students—FREE Adults \$4.50	22 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	23 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	24 <u>Breakfast Sandwich</u> Scrambled Eggs & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	25 WG Pop-tart-- 1 Cheese Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	26 <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
	29 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	30 WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	31 Baked French Toast Sticks-2 Fruit & Juice Variety-1 cup Milk-1 cup 	1 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	2 <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