



# RSU #74 BREAKFAST MENU

## OCTOBER 2017



	Mon	Tue	Wed	Thu	Fri
<b>All Menus Subject To Change Without Notice</b>	2 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	3 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	4 Breakfast Pizza-1 slice 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 Milk-1 cup	6 ~ NO SCHOOL ~  <i>Workshop Day</i>
<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>	9 <i>Columbus Day Holiday</i>  <b>NO SCHOOL</b>	10 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	11 Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	12 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	13 <b>YOGURT BAR</b> 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>	16 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	17 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	18 Spicy Egg Taco-1/3 c WG Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	19 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	20 <b>YOGURT BAR</b> 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>	23 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	24 WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	25 Pancakes -2 Fruit & Juice Variety-1 cup Milk-1 cup	26 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	27 <b>YOGURT BAR</b> 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 -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	31 <b>Breakfast Sandwich</b> Scrambled Eggs & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup 	1 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	2 Baked French Toast Sticks-2 Fruit & Juice Variety-1 cup Milk-1 cup	3 <b>YOGURT BAR</b> Yogurt Parfait-1/2 cup Granola— 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup