



# SEPTEMBER 2025

## RCSD Elementary Breakfast Menu (BIC)

RCSD is an equal opportunity employer. Menu items are subject to change at any time.

### Monday

Labor Day  
(All facilities closed)

1

### Tuesday

Superintendent's  
Conference Day  
(No school for students)

2

### Wednesday

Superintendent's  
Conference Day  
(No school for students)

3

### Thursday

Frosted Flakes  
Cereal  
Honey Graham Crackers

4

### Friday

Ultimate  
Breakfast Round

5

Oatmeal Apple  
Cinnamon Bar

8

Golden Grahams  
Cereal  
Tiger Bites

9

Honey Bunches of Oats  
Cereal  
Giant Cinnamon Goldfish

10

Apple Cinnamon  
Cheerios  
Honey Graham Crackers

11

Blueberry Pomegranate  
Granola Bar  
Vanilla Yogurt

12

Apple Benefit Bar

15

Cinnamon Toast  
Crunch Cereal  
Tiger Bites

16

Apple Cinnamon  
Cheerios  
Giant Cinnamon Goldfish

17

Honey Bunches of Oats  
Cereal  
Honey Graham Crackers

18

Ultimate  
Breakfast Round

19

Cocoa Cherry Bar

22

Golden Grahams  
Cereal  
Tiger Bites

23

Frosted Flakes Cereal  
Giant Cinnamon Goldfish

24

Cinnamon Rice  
Chex Cereal  
Honey Graham Crackers

25

Blueberry  
Granola &  
Vanilla Yogurt Cup

26

Banana Chocolate  
Chip Bar

29

Cinnamon Toast  
Crunch Cereal  
Tiger Bites

30

**Items offered Daily:**

**Choice of: Milk: Skim, 1%, Fat Free Chocolate,  
Fruit**