

OCTOBER 2025

RCSD Middle School Breakfast Menu

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

Monday



Tuesday



Wednesday

Thursday

Friday

Oatmeal Apple
Cinnamon Bar

6

Breakfast Pizza

7

Turkey Ham, Sausage
Cheese & Egg Breakfast
Flatbread

1

French Toast Sticks

2

Ultimate Breakfast
Round

3

Indigenous Peoples' Day
All Facilities Closed

13

Breakfast Bagel
w/Mozzarella & Eggs

14

Cinnamon Toast Crunch
Filled Bar

15

Buttery Maple
Snack'n Waffles

16

Ultimate Breakfast
Round

17

Cocoa Cherry Bar

20

Turkey Sausage Egg &
Cheese Breakfast
Pocket

21

Breakfast Pizza

22

Mini Blueberry Pancakes

23

Blueberry Granola
& Vanilla Yogurt Cup

24

Banana Chocolate
Chip Bar

27

Maple Waffle w/Chicken
Sausage Sandwich

28

Turkey Ham, Sausage
Cheese & Egg Breakfast
Flatbread

29

French Toast Sticks

30

Ultimate Breakfast
Round

31

Items Offered Daily:

Choice of: Milk: Skim, 1%, Fat Free Chocolate,
Fruit. Assorted Whole Grain Cereal. [New Items.](#)