

September

2022

Elementary School Breakfast Menu

Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Daily: Milk: Skim, 1% White, Fat Free Chocolate, Fat Free Strawberry</p>	<p>LABOR DAY HOLIDAY OBSERVED</p>		<p>7 Apple Benefit Bar</p>	<p>8 Assorted Whole Grain Cereals Honey Graham Crackers</p>	<p>9 Cinnamon Breakfast Round</p>
 <p>Daily: Breads, and Pastas are Whole Grain</p>	<p>12 Oatmeal/Apple Cinnamon Bar</p>	<p>13 Assorted Whole Grain Cereals Tiger Bites</p>	<p>14 Banana Choco Chip Benefit Bar</p>	<p>15 Assorted Whole Grain Cereals Honey Graham Crackers</p>	<p>16 Assorted Whole Grain Cereals Honey Graham Crackers</p>
 <p>Daily: Fruit of the Day</p>	<p>19 Apple Benefit Bar Assorted Whole Grain Cereals</p>	<p>20 Assorted Whole Grain Cereals Tiger Bites</p>	<p>21 Strawberry Oatmeal Bar</p>	<p>22 Assorted Whole Grain Cereals Honey Graham Crackers</p>	<p>23 Cinnamon Breakfast Round</p>
	<p>26 Banana Choco Chip Benefit Bar</p>	<p>27 Assorted Whole Grain Cereals Tiger Bites</p>	<p>28 Oatmeal/Apple Cinnamon Bar</p>	<p>29 Assorted Whole Grain Cereals Honey Graham Crackers</p>	<p>30 Assorted Whole Grain Cereals Honey Graham Crackers</p>

MENU IS SUBJECT TO CHANGE. RCSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER