

March

2023

Elementary School Breakfast Menu BIC

Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Daily: Milk: Skim, 1% White, Fat Free Chocolate, Fat Free Strawberry</p>			1	2	3
			Oatmeal Apple Cinnamon Bar	Assorted Whole Grain Cereal Honey Graham Crackers	Assorted Whole Grain Cereal Honey Graham Crackers
 <p>Daily: Breads and Pastas are Whole Grain Soy Butter & Jelly Sandwich</p>	6	7	8	9	10
	Strawberry Oatmeal Bar	Assorted Whole Grain Cereal Tiger Bites	Apple Benefit Bar	Assorted Whole Grain Cereal Honey Graham Crackers	Ultimate Cinnamon Breakfast Round
 <p>Daily: Fruit of the Day Vegetable Bar</p>	13	14	15	16	17
	Oatmeal Apple Cinnamon Bar	Assorted Whole Grain Cereal Tiger Bites	Banana Choc Chip Benefit Bar	Assorted Whole Grain Cereal Honey Graham Crackers	Peach Cheerio Bar
 <p>take time for school BREAKFAST</p> 	20	21	22	23	24
	Apple Benefit Bar	Assorted Whole Grain Cereal Tiger Bites	Strawberry Oatmeal Bar	Assorted Whole Grain Cereal Honey Graham Crackers	Ultimate Cinnamon Breakfast Round
	27	28	29	30	31
	Banana Choc Chip Benefit Bar	Assorted Whole Grain Cereal Tiger Bites	Oatmeal Apple Cinnamon Bar	Assorted Whole Grain Cereal Honey Graham Crackers	Assorted Whole Grain Cereal Honey Graham Crackers

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