

# September

2023

## Middle School Breakfast Menu

<b>Daily</b>	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Daily:</b> Milk: Skim, 1% White, Fat Free Chocolate, Fat Free Strawberry</p>	<p><b>LABOR DAY HOLIDAY OBSERVED</b> (All facilities closed)</p>	<p><b>Superintendents Conference Day</b> (No school for students)</p>	<p>Turkey Ham, Sausage, Cheese &amp; Egg Breakfast Flatbread <sup>6</sup>  Assorted Whole Grain Cereal</p>	<p>Cheese Stuffed Breakfast Sandwich <sup>7</sup>  Assorted Whole Grain Cereal</p>	<p>Ultimate Breakfast Round <sup>8</sup>  Assorted Whole Grain Cereal</p>
 <p><b>Daily:</b> Breads, and Pastas are Whole Grain</p>	<p>Oatmeal/Apple Cinnamon Bar <sup>11</sup>  Assorted Whole Grain Cereal</p>	<p>Breakfast Bagel w/Eggs and Turkey Sausage <sup>12</sup>  Assorted Whole Grain Cereal</p>	<p>Egg &amp; Cheese on English Muffin <sup>13</sup>  Assorted Whole Grain Cereal</p>	<p>Breakfast Pizza <sup>14</sup>  Assorted Whole Grain Cereal</p>	<p>Cherry Vanilla Yogurt Assorted Whole Grain Cereal <sup>15</sup>  Blueberry Pomegranate Granola Bar</p>
 <p><b>Daily:</b> Fruit of the Day</p>	<p>Apple Benefit Bar <sup>18</sup>  Assorted Whole Grain Cereal</p>	<p>Breakfast Bagel w/Mozzarella &amp; Eggs <sup>19</sup>  Assorted Whole Grain Cereal</p>	<p>Maple Waffle w/Chicken Sausage Sandwich <sup>20</sup>  Assorted Whole Grain Cereal</p>	<p>Smucker's Breakfast Egg, Turkey Sausage &amp; Cheese Uncrustable <sup>21</sup>  Assorted Whole Grain Cereal</p>	<p>Ultimate Breakfast Round <sup>22</sup>  Assorted Whole Grain Cereal</p>
	<p>Raspberry &amp; Cream Cheese Bar <sup>25</sup>  Assorted Whole Grain Cereal</p>	<p>Breakfast Burrito Egg, Sausage, Potato &amp; Cheese <sup>26</sup>  Assorted Whole Grain Cereal</p>	<p>French Toast Sticks <sup>27</sup>  Assorted Whole Grain Cereal</p>	<p>Breakfast Pizza <sup>28</sup>  Assorted Whole Grain Cereal</p>	<p>Cherry Vanilla Yogurt Assorted Whole Grain Cereal <sup>29</sup>  Blueberry Pomegranate Granola Bar</p>

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