

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: [http://www.rcstn.net/departments/school\\_nutrition/u\\_s\\_d\\_a\\_non-\\_discrimination\\_statement/](http://www.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/)

#### MONDAY



Mini Maple Pancakes  
-or-  
Cereal

5

Fruit  
Milk Choice

#### TUESDAY

Sausage Biscuit  
-or-  
Cereal

6

Fruit  
Milk Choice

#### WEDNESDAY



Cinnamon Roll  
-or-  
Cereal

7

Fruit  
Milk Choice

#### THURSDAY

Muffin & Cheese Stick  
-or-  
Cereal

1

Fruit  
Milk Choice

#### FRIDAY

Country Steak Biscuit  
-or-  
Cereal

2

Fruit  
Milk Choice

French Toast Sticks  
-or-  
Cereal

12

Fruit  
Milk Choice

Sausage Biscuit  
-or-  
Cereal

13

Fruit  
Milk Choice

Mini Cini  
-or-  
Cereal

14

Fruit  
Milk Choice

Muffin & Cheese Stick  
-or-  
Cereal

8

Fruit  
Milk Choice

Country Steak Biscuit  
-or-  
Cereal

9

Fruit  
Milk Choice

Muffin & Cheese Stick  
-or-  
Cereal

15

Fruit  
Milk Choice

Country Steak Biscuit  
-or-  
Cereal

16

Fruit  
Milk Choice

Waffle  
-or-  
Cereal

19

Fruit  
Milk Choice

Sausage Biscuit  
-or-  
Cereal

20

Fruit  
Milk Choice

Manager's Choice  
Breakfast Entree

21

Fruit  
Milk Choice

22

23

26

27

28

**Menus subject to change**  
**due to unforeseen circumstances**

For the most updated weekly menus by school please visit our Facebook page: RCS School Nutrition Program