

# DECEMBER 2022 Pre-school and Headstart Breakfast Menu



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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



Whole Grain Mini Pancakes **5**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Whole Grain French Toast Sticks **12**  
 Fruit  
 Milk Choice

Whole Grain Waffle **19**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

**26**

## TUESDAY

Sausage Biscuit **6**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Sausage Biscuit **13**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Sausage Biscuit **20**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

**27**

## WEDNESDAY



Whole Grain Mini Cini **7**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Mini Cini **14**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Manager's Choice Entree **21**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

**28**

## THURSDAY

Whole Grain Muffin **1**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Muffin **8**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Muffin **15**  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

**22**

## FRIDAY

Whole Grain Country Steak Patty **2**  
 On a Biscuit  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Country Steak Patty **9**  
 On a Biscuit  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

Whole Grain Country Steak Patty **16**  
 On a Biscuit  
 ½ Cup Fruit  
 1 Cup 1% Sweet Acidophilus Milk

**23**

**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