

NOVEMBER 2022 Pre-school and Headstart Breakfast Menu

BREAKFAST

“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/

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1

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

2

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

3

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

4

NO
SCHOOL

7

NO
SCHOOL

8

Whole Grain Cereal
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

9

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

10

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

11

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

14

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

15

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

16

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

17

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

18

Whole Grain French Toast Sticks
Fruit
Milk Choice

21

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

22

No School Thanksgiving Holiday

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

28

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

29

Whole Grain Cereal
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

30

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