

SEPTEMBER 2022 Preschool and Headstart Breakfast Menu

BREAKFAST

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Labor Day

5

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

6

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

7

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

1

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

2

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

8

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

9

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

12

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

13

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

14

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

15

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

16

NO

19

SCHOOL

Waffle
Fruit
Milk Choice

20

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

21

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

22

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

23

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

26

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

27

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

28

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

29

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

30