

RCS Elementary School Breakfast Menu - May 2017



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Enjoy the Sun 1 Whole Grain Pancakes Strawberries Banana Skim or 1% Milk	Read Read Read 2 Cheese Omelet Wheat Toast Pears Oranges Skim or 1% Milk	Run and Skip 3 Whole Grain Waffles Mixed Fruit Baby Carrot Apples Skim or 1% Milk	Jump and Jacks 4 Scrambled Egg & Cheese Salsa on English Peaches/Bananas Skim or 1% Milk	Take a Spring Walk 5 Whole Grain French Toast Syrup Apple Sauce Bananas Skim or 1% Milk
Jump and Jacks 8 Pancake Maple Syrup Oranges Apples Sauce Skim or 1% Milk	Sit ups 9 Egg Cheese Whole Wheat Wrap Pears Oranges Skim or 1% Milk	Run and Skip 10 Whole Grain Waffles Peaches Apple Sauce Skim or 1% Milk	Laugh and Giggle 11 Egg & Cheese Omelet Whole Grain Kaiser Spinach Mixed Fruit Skim or 1% Milk	Clean it up 12 French Toast Day Sausage Apple Sauce Cut Oranges Skim or 1% Milk
Laugh and Giggle 15 Pancakes Maple Syrup Mixed Fruit Apples Sauce Skim or 1% Milk	Take a Walk 16 Egg & Cheese Omelete Salsa on English Pears/Bananas Skim or 1% Milk	Jump and Jacks 17 Waffle Peaches Apple Sauce Cheese Sticks Skim or 1% Milk	Sit ups 18 Sausage Egg & Cheese Whole Grain Wrap Fruit Salad Skim or 1% Milk	Take a Spring Walk 19 French Toast Sticks Strawberries Peaches Carrots Skim or 1% Milk
Jump and Jacks 22 Pancakes Fruit Salad Strawberries Peaches Skim or 1% Milk	Laugh and Run 23 Egg & Cheese Wheat Grain Rolls Spinach Pears, Bananas... Skim or 1% Milk	Run and Skip 24 Waffle Fruit Salad Peaches Carrot Sticks Skim or 1% Milk	Sit ups 25 Egg & Cheese Whole Grain Kaiser Apple Sauce Mixed Fruit Skim or 1% Milk	Relaxe 26 Whole Grain French Toast Syrup Pears Bananas Skim or 1% Milk
Read Read Read 29 Memorial Day (Observed) No School	Run and Skip 30 Sausage Egg & Cheese Wheat Grain English Apple Sauce Skim or 1% Milk	31 Whole Grain Waffles Syrup Peaches Apple Sauce Skim or 1% Milk		

eat nutritiously?

Grains for digestion? ____
 Veggies for energy? ____
 Fruits for vitamins? ____
 Dairy for calcium? ____
 Meat & Beans for muscles?

Read, Reason, Play? ____



Available Daily

Breakfast
 Sandwich
 Yogurt and
 Assorted Fruit
 Three Flavors of
 Slim Milk and 1%
 White

Student Breakfast \$1.50
 Milk price .50
 Menu Subject to change.

"MYKIDS" online account.
 Navigate our RCS website
 (WWW.RCSCSD.ORG) and
 you will find the link on the
 Café' page..

