


# RCS Middle and High School Breakfast Menu - May 2017



<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></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 Ham 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 Green Beans 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 French Toast Friday Syrup Pears Assorted Fruit 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 \$1.75  
 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..





