



**School Information:** Roland-Story CSD is an equal opportunity provider/employer.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Milk offered daily:**  
White, Chocolate, and Strawberry Skim Milk  
White 1% Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Pop Tart  
Apple/Banana/Orange Milk

Cheese Omelet  
Graham Crackers  
Apple/Banana/Orange Milk

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Pop Tart  
Apple/Banana/Orange Milk

Mini Cinnamon Rolls  
Apple/Banana/Orange Milk

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Pop Tart  
Apple/Banana/Orange Milk

Cherry Frudel  
Apple/Banana/Orange Milk

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

**NO SCHOOL  
Winter Break**

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Winter Break**

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