



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



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day
NO SCHOOL

2

Waffle sticks
Mixed Fruit
Milk

3

Breakfast Pizza
Pears
Milk

4

Sausage Pancake Stick
Pineapple
Milk

5

Cold Cereal
Muffin
Applesauce
Milk

6

Ham Breakfast Bar
Pineapple
Milk

9

Egg and Cheese Burrito
Salsa
Honeydew Melon Chunks
Milk

10

Breakfast Pizza
Peaches
Milk

11

Sausage Pancake Stick
Applesauce
Milk

12

Cold Cereal
Granola Bar
Mixed Fruit
Milk

13

Sausage Breakfast Bar
Pears
Milk

16

Whole Wheat Pancakes
Cantaloupe Chunks
Milk

17

Breakfast Pizza
Mixed Fruit
Milk

18

Sausage Pancake Stick
Apple
Milk

19

Cold Cereal
Pop-tart
Apple/Orange/Banana
Milk

20

Ham Breakfast Bar
Apple/Banana
Milk

23

Mini Bagel w/Strawberry
or Cinnamon Cream Cheese
Grapes
Milk

24

Breakfast Pizza
Apple/Orange/Banana
Milk

25

Sausage Pancake Stick
Peaches
Milk

26

Cold Cereal
Muffin
Pineapple
Milk

27

Sausage Breakfast Bar
Mandarin Oranges
Milk

30



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

