

December 2020

Roland-Story High School

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

Monday

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

Tuesday

Mini Bagel w/Strawberry Cream Cheese
Apple/Banana/Orange Milk **1**

Wednesday

Breakfast Pizza
Apple/Banana/Orange Milk **2**

Thursday

Sausage Pancake Stick
Apple/Banana/Orange Milk **3**

Friday

Cereal
Graham Crackers
Apple/Banana/Orange Milk **4**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange Milk **7**

Mini Pancakes
Apple/Banana/Orange Milk **8**

Breakfast Pizza
Apple/Banana/Orange Milk **9**

Sausage Pancake Stick
Apple/Banana/Orange Milk **10**

Cereal
Muffin
Apple/Banana/Orange Milk **11**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange Milk **14**

Cheese Omelet
Graham Cracker Pack
Apple/Banana/Orange Milk **15**

Breakfast Pizza
Apple/Banana/Orange Milk **16**

Sausage Pancake Stick
Apple/Banana/Orange Milk **17**

Cereal
Poptart
Apple/Banana/Orange Milk **18**

***Semester Test Day**

Cereal
Muffin
Apple/Banana/Orange Milk **21**

Cereal
Graham Crackers
Apple/Banana/Orange Milk **22**

NO SCHOOL
Winter Break **23**

NO SCHOOL
Winter Break **24**

NO SCHOOL
Winter Break **25**

***Semester Test Day**

***Semester Test Day**

NO SCHOOL
Winter Break **28**

NO SCHOOL
Winter Break **29**

NO SCHOOL
Winter Break **30**

NO SCHOOL
Winter Break **31**

