

October 2020

Roland-Story High School

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



Reference: USDA

Monday

Tuesday

Wednesday

Thursday

Friday



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

Sausage Pancake Stick
Apple/Banana/Orange
Milk

1

Cereal
Graham Crackers
Apple/Banana/Orange
Milk

2

Ham Breakfast Bar
Graham Cracker Pack
Apple/Banana/Orange
Milk

5

Mini Cinnamon Rolls
Apple/Banana/Orange
Milk

6

Breakfast Pizza
Apple/Banana/Orange
Milk

7

Sausage Pancake Stick
Apple/Banana/Orange
Milk

8

Cereal
Muffin
Apple/Banana/Orange
Milk

9

Ham Breakfast Bar
Graham Cracker Pack
Apple/Banana/Orange
Milk

12

Mini Pancakes
Apple/Banana/Orange
Milk

13

Breakfast Pizza
Apple/Banana/Orange
Milk

14

Sausage Pancake Stick
Apple/Banana/Orange
Milk

15

Cereal
Pop tart
Apple/Banana/Orange
Milk

16

Ham Breakfast Bar
Graham Cracker Pack
Apple/Banana/Orange
Milk

19

Turkey Bacon, Egg, and
Cheese Biscuit
Apple/Banana/Orange
Milk

20

Breakfast Pizza
Apple/Banana/Orange
Milk

21

Sausage Pancake Stick
Apple/Banana/Orange
Milk

22

Cereal
Graham Crackers
Apple/Banana/Orange
Milk

23

NO SCHOOL

26

Cheese Omelet
Graham Cracker Pack
Apple/Banana/Orange
Milk

27

Breakfast Pizza
Apple/Banana/Orange
Milk

28

Sausage Pancake Stick
Apple/Banana/Orange
Milk

29

Cereal
Muffin
Apple/Banana/Orange
Milk

30