

September 2020

Roland-Story High School

BREAKFAST



This institution is an equal opportunity provider.



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.



Monday

Milk offered daily:

White, Chocolate, and Strawberry Skim Milk
White 1% Milk

Tuesday

Bagel W/
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

Cold Cereal
Poptart
Apple/Banana/Orange
Milk **4**

Labor Day **7**
NO SCHOOL

Breakfast Burrito
Apple/Banana/Orange
Milk **8**

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

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

Type Cold Cereal
Graham Crackers
Apple/Banana/Orange
Milk **11**

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

Turkey Bacon, Egg, and
Cheese Biscuit
Apple/Banana/Orange
Milk **15**

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

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

Cold Cereal
Muffin
Apple/Banana/Orange
Milk **18**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk **21**

French Toast Sticks
Sausage Links
Apple/Banana/Orange
Milk **22**

Breakfast Pizza
Apple/Banana/Orange
Milk **23**

Sausage Pancake Stick
Apple/Banana/Orange
Milk **24**

Cold Cereal
Poptart
Apple/Banana/Orange
Milk **25**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk **28**

Mini Cinnamon Rolls
Apple/Banana/Orange
Milk **29**

Breakfast Pizza
Apple/Banana/Orange
Milk **30**

