

May 2021

Roland-Story High School

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Monday

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

3

Tuesday

Mini Cinnamon Rolls
Apple/Banana/Orange
Milk

4

Wednesday

Breakfast Pizza
Apple/Banana/Orange
Milk

5

Thursday

Sausage Pancake Stick
Apple/Banana/Orange
Milk

6

Friday

Cereal
Muffin
Apple/Banana/Orange
Milk

7

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

10

Cheese Omelet
Graham Cracker Pack
Apple/Banana/Orange
Milk

11

Breakfast Pizza
Apple/Banana/Orange
Milk

12

Sausage Pancake Stick
Apple/Banana/Orange
Milk

13

Cereal
Pop Tart
Apple/Banana/Orange
Milk

14

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

17

Mini Pancakes
Apple/Banana/Orange
Milk

18

Breakfast Pizza
Apple/Banana/Orange
Milk

19

Sausage Pancake Stick
Apple/Banana/Orange
Milk

20

Cereal
Graham Crackers
Apple/Banana/Orange
Milk

21

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

24

Sausage, Egg, & Cheese
Biscuit
Apple/Banana/Orange
Milk

25

Breakfast Pizza
Apple/Banana/Orange
Milk

26

Sausage Pancake Stick
Apple/Banana/Orange
Milk

27

Cereal
Muffin
Apple/Banana/Orange
Milk

28

31

Memorial Day
NO SCHOOL

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

