

APRIL 2022

Roland-Story High School

BREAKFAST



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



Nutrition Tip: Make fruit more appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

Cereal
Granola Bar
Apple/Banana/Orange Milk **1**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange Milk **4**

French Toast Sticks
Sausage Links
Apple/Banana/Orange Milk **5**

Soft Cinnamon Toast
Crunch Bar
Apple/Banana/Orange Milk **6**

Sausage Pancake Stick
Apple/Banana/Orange Milk **7**

Cereal
Granola Bar
Apple/Banana/Orange Milk **8**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange Milk **11**

Sausage, Egg, Potato, and
Cheese Bites
Apple/Banana/Orange Milk **12**

Cheese Omelet
Graham Crackers
Apple/Banana/Orange Milk **13**

Sausage Pancake Stick
Apple/Banana/Orange Milk **14**

Cereal
Granola Bar
Apple/Banana/Orange Milk **15**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange Milk **18**

Bacon, Egg, and Cheese
Biscuit
Apple/Banana/Orange Milk **19**

Banana Chocolate Chip
Bar
Apple/Banana/Orange Milk **20**

Sausage Pancake Stick
Apple/Banana/Orange Milk **21**

Cereal
Granola Bar
Apple/Banana/Orange Milk **22**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange Milk **25**

Cinnamon Soft Pretzel
w/ Cream Cheese
Apple/Banana/Orange Milk **26**

Bacon, Egg, & Cheese
Boat
Apple/Banana/Orange Milk **27**

Sausage Pancake Stick
Apple/Banana/Orange Milk **28**

Cereal
Granola Bar
Apple/Banana/Orange Milk **29**