

AUGUST 2021

Roland-Story Middle School

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Milk offered daily: 2
White, Chocolate,
and Strawberry Skim Milk
White 1% Milk

2

3

4

5

6

9

10

11

12

13

16

17

18

19

20

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk 23

23

Waffles
Apple/Banana/Orange
Milk 24

24

Breakfast Pizza
Apple/Banana/Orange
Milk 25

25

Sausage Pancake Stick
Apple/Banana/Orange
Milk 26

26

Cereal
Muffin
Apple/Banana/Orange
Milk 27

27

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk 30

30

Mini Pancakes
Apple/Banana/Orange
Milk 31

31

**WELCOME BACK
STUDENTS AND
STAFF!!!**

